

# Fujairah bserver

September 2020



Photo by Muhammed Adhil KM



## Aims & Objectives

- Develop strategies for investment in the Oil & Gas Industry in the region.
- Develop local and international compatible Oil & Gas Industry Standards relating to Health, Quality, Safety, and Environment.
- Implement the Standards, Rules & Regulations, Codes of Practice within FOIZ.
- Develop robust Business and Technical Assurance Plans.
- Develop Risk Management Plans
- Provide land to the investors & extend the precincts of FOIZ through sea-reclamation.
- Assist in the procurement of utilities.

FOIZ sits at the heart of the new energy corridor that stretches from the East of the Suez Canal to Asia and has a vast array of capabilities, including oil transmission pipeline connectivity with Abu Dhabi, vast oil storage facilities, supporting utilities infrastructure, and a deep water port. Since September 2016, the Port is also home to the first very large crude carrier (VLCC) jetty on the Indian Ocean.

FEDCom ( Fujairah Energy Data Committee ) established under the aegis of FOIZ in collaboration with S & P Global Platts publishes data comprising of weekly inventory levels of various terminals established within FOIZ. This has enhanced market transparency. Publishing the weekly inventory data is to set targets, including establishing Fujairah as the region pricing center, leading global & trading energy hub next to major pricing, trading and energy centers of the world.

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The Fujairah Observer is grateful for the support of the Ruler of Fujairah, HH Sheikh Hamad Al Sharqi and the assistance of the Private Affairs Bureau

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Front cover photo: Muhammed Adhil KM who is a Media Professional who graduated in multimedia and communication from university of Calicut in India

Dear Readers,

Fujairah Observer is back after the summer break. I hope everyone has stayed safe and will continue to take necessary precautions until we have overcome this dreadful pandemic.

We will all be keen to enjoy the cooler months and the great outdoors but remember to STAY SAFE and follow the MOHP and the Government advice.

We are beginning to see the vision that our major road has undergone and how traffic will flow throughout the city. It is looking beautiful!

Lots of news and interesting articles to read and remember if there is anything you would like to see included in the magazine then please, write in with your suggestions.

Enjoy this issue

**Dr. Mohammed Saeed Al Kindi,**  
Editor-in-Chief



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The Publishers and our Contributors have endeavoured to ensure that all information inside this magazine is correct at the time of going to press. We regret we cannot accept liability for errors or omissions contained in the publication whatever the cause. Opinions expressed in the magazine do not necessarily reflect the opinions of Publishers or the Contributors.

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## Fujairah Charitable Society sends 125 tons of food to Lebanon

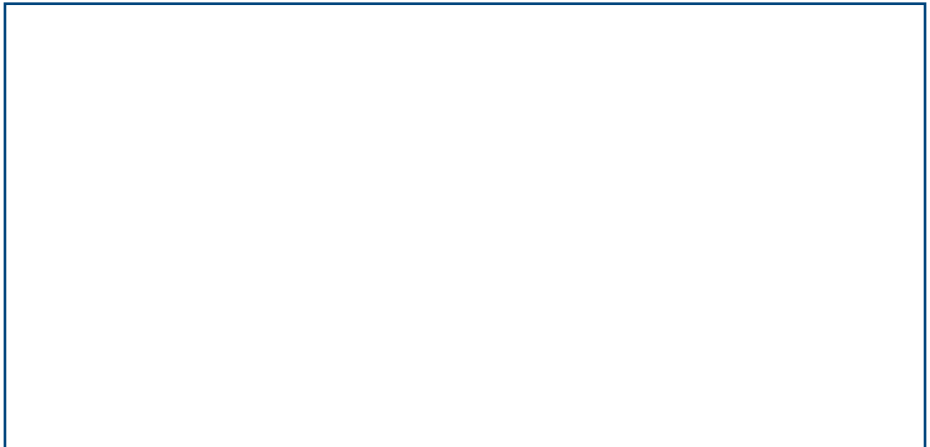
**With the support and guidance of His Highness Sheikh Hamad bin Mohammed Al-Sharqi, member of the Supreme Council, Ruler of Fujairah, the Fujairah Charitable Society sent 125 tons of food to the Lebanese capital, Beirut, as part of the UAE's humanitarian aid bridge to the Lebanese people following the big explosion in Beirut Port.**

His Excellency Said bin Mohammed Al-Raqbani, Chairman of the Board of Directors of the Association, said that the association's initiative, which is implemented in coordination with the relevant authorities in the state, is part of the urgent humanitarian assistance provided by the State to the UAE to those affected by the explosion of the Port of Beirut in Lebanon.

He added that this assistance is a continuation of the UAE's humanitarian, relief, development approach, and its great interest in the consequences of the humanitarian disaster that befell our brothers in Lebanon, its unlimited solidarity with the victims and the injured, and an expression of the pride of the UAE and its leadership in Lebanon.



The Chairman of the Board of Directors of the Association pointed out that these positions supporting the Lebanese people is not strange to the leadership in the UAE, but it is a continuation of the journey of giving good ness founded by the late Sheikh Zayed bin Sultan Al Nahyan "May God rest his soul", which has always been the race and the initiator in helping the afflicted countries all over the world.



## Ruler of Fujairah: Commissioning of Barakah Nuclear Energy Plant goes down in the annals of history

**H.H. Sheikh Hamad bin Mohammed Al Sharqi, Supreme Council Member and Ruler of Fujairah said the operation of the Unit 1 of Barakah Nuclear Plant is yet a new historic milestone that testifies to the successful efforts made by the Emirati people to best utilise clean energy resources under the constant support of President His Highness Sheikh Khalifa bin Zayed Al Nahyan.**

In a statement marking the operation of the Arab world's first nuclear plant, Sheikh Hamad said: "The UAE has opted for a challenging path of development based on a robust knowledge base and a diverse economy that entails the best possible utilisation of ecofriendly methodologies to produce electricity in a responsible and safe manner."

He spoke high of the tremendous efforts made by the Emirati cadres who have, he said, "managed to add a new chapter of success to the UAE's journey to carve a niche for itself in the global knowledge-based economy along with advanced nations thanks to its advanced infrastructure.

He sent greetings on the achievement to President His Highness Sheikh Khalifa bin Zayed Al Nahyan, His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice President, Prime Minister and Ruler of Dubai, His Highness Sheikh Mohamed bin Zayed Al Nahyan, Crown Prince of Abu Dhabi and Deputy Supreme Commander of the UAE Armed Forces, and their Highnesses the Rulers of the Emirates as well as the people of the UAE and other Arab nations.



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**Fujairah Observer is the only lifestyle magazine in this beautiful Emirate. Founded in 2001 we are known for our strong community ethos.**

Our team is proud to provide an up-to-date informative platform to the public- young and old and residents- new and not so new!

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## Ruler receives first-place officer in Joint Command & Staff College



**His Highness Sheikh Hamad bin Muhammad Al Sharqi, Member of the Supreme Council and Ruler of Fujairah, received Lieutenant Colonel Pilot Marwan Ahmed Al Dhanhani, who won first place in the 29th session of the Joint Command and Staff College, at his palace in Rumaila.**

His Highness congratulated Al Dhanhani on his superiority in the Joint Command and Staff College and blessed him on the path of excellence and gaining more practical experiences, wishing him success and exerting more efforts and perseverance to perform his duties and practical tasks with efficiency and ability alongside his brothers from the protectors of the homeland, to preserve the reputation of their homeland. And their armed forces.

Lieutenant-Colonel Pilot Marawan Ahmed Al-Dhanhani thanked His Highness Sheikh Hamad bin Muhammad Al Sharqi for his constant support to his sons in the armed forces, and to enhance their confidence to assume their future

responsibilities, as leaders and senior officers who serve their country with courage and in all circumstances.

The meeting was attended by Sheikh Saleh bin Mohammed Al Sharqi, Head of the Department of Industry and Economy in Fujairah, and HE Mohammed Saeed Al Dhanhani, Director of the Amiri Diwan in the Fujairah Government.

### **About:**

*The Joint Command and Staff College (JCSC) is one of the colleges of the UAE armed forces that specialize in teaching the art of war in general and the operational art in particular. The JCSC combines theory and practice as a basis for its instructional methodology and aims to develop leadership qualities in the students. The JCSC contributes to forming the concept of employment for the armed forces in joint operations and military operations in peacetime, such as peacekeeping and peace support operations.*

## Stamps of Fujeira: CHAPTER 1 – The First Definitive Set

**Introduction: Fujeira, the only Trucial State not touching the Persian Gulf, was considered part of Oman. In 1952, the British Government accepted Fujeira as an autonomous State and signed the same treaties with Britain as the other Trucial States – including the Exclusive Agreement allowing Britain to conduct all their foreign relations.**

This is the story of the Postal System in Fujeira till integration into the United Arab Emirates in 1972. On 1st April 1973, all Fujeira stamps lost their validity and replaced by the UAE stamps.

### Before the Post Office opened in Fujeira

Before the first Post Office was opened in Fujeira, the locals used a courier Saeed Mohammed Tanaji to take letters to Kuwait and Saudi Arabia and collect mail on his way back to Fujeira. Secondly, there was also a grocery named Abdul Rasak Grocery. They would accept mails from locals and take it to Dubai to be sent out. He would also collect any mails for locals from the Dubai Post Office. This information was obtained from locals and unfortunately, there are no letters known from this period to confirm this.

To announce the issue of their first stamps, covers were sent out in August 1964 franked with the value-only overprinted stamps of the 'British Postal Agencies in Eastern Arabia' and cancelled with the large hexagonal Fujeira Postmark. It is said that this was quite improper since these stamps were never supplied to Fujeira nor was there ever a British Postal Agency there. It is worth noting that at this time, the Fujeira 'Postal Service' consisted of nothing more than a rented PO Box in the Dubai Post Office!

### The Trucial States Issue

In 1960, the Trucial States agreed to produce a stamp issue that would be used by all Sheikdoms. Unfortunately, when the designs were ready for

printing, the smaller states were not happy that their country was represented by a smaller palm tree than the bigger states. As a result, the issue was produced and only used in Dubai. The other States continue using the 'British Postal Agencies in Eastern Arabia' stamps.



Fig 1.1 - The Design of the stamp causing the problem

The set was issued on 7th January 1961. It comprised of 7 values with this design and 4 higher values depicting the 'Dhow'. The lower values were issued by Harrison by Photogravure and the

dhow were recess printed by De La Rue.

### The Baroody Essays

In 1963, each of the Trucial States were planning to issue stamps of their own. The Ruler of Fujeira signed agreements with the Baroody Stamp Co of Beirut (Lebanon) by which the company will open a small post office and pay the Ruler a moderate sum for the concession of printing and marketing their stamps. This was announced in the report issued every month by the Political Agent for England – Refer to Fig 1.2.

Essays were made for Fujeira (and also Ajman and Umm Al Qiwain) by the Baroody Stamp Company. These essays were designed by M.M. Arthur and produced by NCR Litho at the same time as the first issue of Dubai (similar design).

For Fujeira, four designs were used, The Leopard, The Grouse; Falcon on a branch and Flacon on the ground. Various colour combinations exist for each stamp – including red and white; blue and white; blue and red; brown and yellow; red and pink; blue and pink. Please refer to Figure 1.3 for the four designs and some of the colour combinations.

Stamps are known Perforated 12 x 11½ or

212 **Political Diaries of the Arab World**  
 - RESTRICTED -  
**SPECIAL SYSTEM START FOR THE UNION**  
**17 October 1 - 31, 1963.**

**AGENCY**  
 The Political Agent and Mrs. Craig returned from leave in the United Kingdom on September 16.

2. Egyptian Ali Husami, U.S.E., Arab Assistant also returned from leave.

**Bahai**  
 3. Sheikh Nassir bin Sa'id, Ruler of Bahai, arrived back from his journey to Europe and America on September 10.

**Sharjah**  
 4. Sheikh Saqr bin Sultan, Ruler of Sharjah, returned from his travels on September 15 in a specially chartered plane with the Political Agent. At the end of the month he was in residence at Falba.

**Ras al Khaimah**  
 5. Sheikh Saqr bin Sultan, Ruler of Ras al Khaimah, returned to the Federal States on September 30.

**Postal Affairs**  
 6. The Rulers of Fujairah and Umm al Qaiwain have signed agreements with the Baroody Stamp Co. of Beirut by which the Company will open mail post offices in their states and pay the Rulers a moderate sum for the permission of printing and marketing their stamps. The Ruler of Ajman is expected to conclude a parallel agreement shortly.

**Visitors**  
 7. Visitors during the month included Mr. Forrest of Cable & Wireless Ltd., Mr. Ernest of Esso (1963) Ltd., Mr. Gurnahay of Continental Oil Company, Mr. Aftan Ahmad Khan, First Secretary of the Pakistan Embassy in Baghdad and Mr. H.C.B.S. Sultan from the Sabi Agency.

G. J. ...  
 (A. J. H. Craig)  
 Political Agent.

September 30, 1963.

- RESTRICTED -

Fig 1.2 - Page 212 of the Political Diaries of the Arab World for September 1963 announcing the agreement by the Ruler of Fujera (and Umm Al Qiwain) with Baroody Stamp Co.

Imperf; and on both gummed or ungummed unwatermarked paper. These stamps were printed containing stamps for the 3 Sheikdoms (Fujeira, Ajman and Umm Al Qiwain) all in 1 sheet. Please refer to Figure 1.4. It is believed that these stamps were produced in late November 1963.

Mr Stephan, the representative of the Baroody Stamp Company, was not easily contactable. Eventually he was found guilty of breaches of contract and in addition had transferred his rights under this agreement to Mr Finbar Kenny of J & H Stow Inc of New York, without consulting the Ruler. As a result, these stamps were never issued and the original agreement was cancelled. The Ruler was not happy with this arrangement and the new American company was contacted



Fig 1.3 - The Baroody essays for Fujeira: showing the Leopard, Falcon standing on a branch, the Grouse and another design of the Falcon on the ground.

directly to organize a new contract. This contract was quite advantageous to the Government including article 3 – The Agency will employ a Postmaster and other personnel needed for a basic minimum Postal Service...; Article 13 – the agencies guarantees the Government minimum net revenue of 300,000 Rupees in the first year, 400,000 Rupees during the Second year 500,000 during year 4 and 600,000 for the fifth.... Article 15 stipulated the contract's period is five years.

**FUJEIRA Overprint**

In the meantime, Mr Finbar Kenny from New York, USA, wanted to produce stamps immediately to recover the costs of buying the contract off Baroody Company. So, he produced these overprints on existing Wilding stamps of the 'British Postal Agencies in Eastern Arabia' that he had available. Unfortunately, the British Postal Administration rejected the design and they were not accepted for use.

Fujairah overprints were rejected, as made without permission of the British Postal Agencies in Eastern Arabia. After being rejected, they still came on to the market for philatelic consumption but not valid for use.



Figure 1.4 - Showing part of a sheet showing stamps of the 3 Sheikdoms printed on the same sheet.



Figure 1.5 - Only these 4 values were with this "Fujairah" overprint

within a month of the official post office opening in Fujeira itself. Although philatelic, this is the only cover known to exist with both 'British Postal Agencies in Eastern Arabia' stamps (without the 'Fujairah' overprint) and the new Fujeira stamps. As explained earlier, the use of the 'British Postal Agencies in Eastern Arabia' were never authorised to be used in Fujeira!

From this first issue, a tradition started where virtually EVERY stamp was produced both perforated and imperforated. The imperf edition was always in limited supply and could ONLY be purchased if a number of perf sets were also bought. The documentation says that the imperfs were used for presentation purposes (whatever that means!). As a result, these imperf versions are much more difficult to obtain. It is believed that only 2,000 imperf sets were produced for this issue.



Figure 1.6 - the top 3 values depicting the Falcon, the normal issue, the Airmail issue and the Official issue in imperf

**The First Set**

The first official set was issued on 22 September 1964 consisting of 12 values. Each value had the portrait of Sheikh Mohamed bin Hamad al Sharji, the then ruler of Fujeira on the left. It was printed by 'Heraclio Fournier' of Vitoria in Spain. Stamps were produced by Photogravure in 3 sizes. Close to 500,000 each of the lower values were produced, but only 10,000 of the top values.



Fig 1.6 - Cover with 'Value only' stamps used in Fujeira together with 2 stamps from the first issue

Another tradition was created by providing Cancelled-to-order perforated stamps at a fraction of the face value directly to dealers. These cancelled-to-order stamps are still available in large quantities and of not much philatelic value. On the other hand, used stamps on covers are greatly sought after and not easy to come by! Unused stamps are also quite difficult to obtain – especially the imperf stamps.

On 14th November 6 additional values were produced in the same format.

On 16 August 1965, another set of 9 stamps was produced using virtually the same designs except that Fujeira and the value are transposed and additionally inscribed 'AIR MAIL's. These were also produced by Fournier.

In October 1965, a new set of 9 was produced, similar in design but with Fujeira and denomination transposed and additionally inscribed 'ON STATE'S SERVICE'.



Fig 1.7 - Letter to Germany dated September 1965 using the correct standard letter rate to Europe (at that time it was 25 np.)



Fig 1.8 - Letter to England dated Oct 1967. By now the standard letter rate to Europe had increased to 30 n.p.



Fig 1.9 - Letter dated Jan 1966 using Official stamps. The standard letter rate to USA was 50 n.p.

A 'tongue in cheek' commentary by NOMAD in the 13th August 1965 issue of Stamp Collecting. Obviously stamps from Fujera achieved quite notoriety from the start! Imagine the sentiments when up to 10 sets were being produced per month (about 100 stamps) during 1971 and 72! And if that is not enough, each of these stamps were available 'in limited supplies' in imperforate format!

**LATE NEWS from "Nomad"**

**HURRY UP—ONLY 10,000 SETS!**

The post has just brought me a most exciting document, and I feel that it would be very selfish if I did not hasten to share the good news with you. Fujairah Post Office "Press and Broadcast Notice" dated July 21st, 1965, announces the issue on August 16th of the First Airmail Series—a multi-coloured nine denomination series with a total face value of R.12 (=19s.6d.).

The notice gives details of the six-colour photogravure stamps—the six lowest values measuring 36.5 x 30 mm, and the three highest measuring 37.5 x 57 mm. Now this is real value for money—just think of it, 7249.5 square millimetres of glorious technicolour, and at face value, too! Hurry up—there are only 10,000 sets, and you don't want to miss these stamps.

But WAIT! "Fujairah Post Office"—is there one? "Press and Broadcast Notice"—no press or radio in Fujairah! "First Airmail Series"—that's it; there is no airport in Fujairah, and they want one; so you are to be allowed to make the first contribution of £10,000 towards its cost. Further airmail stamps will, no doubt, keep the Exchequer refreshed when you have got this lot safely in your collections.

Come to think of it, perhaps there isn't really all that need for haste; none of these stamps will ever be needed for postage, and there can't possibly be 10,000 fools ready to be parted from their money. Or are there?

However, you needn't be disheartened, the Fujairah Post Office also announces that other stamps are available—all at face value (but note that remittances must be made "in fully convertible funds").

For instance, there are the Kennedy Memorial stamps for only 18s.5d. with a miniature sheet at the bargain price of 12s., but "Mail orders should not ask for more than one souvenir sheet for every two regular series ordered". Then there is the Olympic Games set for 12s.3d., and remember that "to make the Special series more memorable a quantity of each denomination was left imperforated"! Don't forget the 18 definitives—they will only set you back 37s.6d., and you must get rid of your money somehow.

P.S.—To the Post Office of Fujairah, Fujairah, Arabian Gulf (via Bahrain): —

You really are letting your imagination run away with you when you say that the definitive stamps were "placed on sale in the Post Offices . . . to replace the overprinted Great Britain Stamps used in this territory previously". G.B. overprinted stamps were never sold in a Post Office that did not exist. Also, you know "via Bahrain" gives the game away!

A small point, but may I suggest that, in your next "Press and Broadcast Notice" you spell "Office" correctly in the Arabic—it will look better; particularly when you consider that, by the omission of the Arabic letter "t", the expression "Post Office" can be misread as "Postal Rubbish Dump".

825

John Vassallo and Emirates Philatelic Association



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## Radisson Hotel Group set to open 24th UAE hotel in Fujairah



**After months of slowed business due to the coronavirus pandemic, Radisson Hotel Group has started moving towards normality with a host of expansion plan announcements.**

The group has made 15 new hotel signings across EMEA in Q2 2020, with two openings announced in Turkey a few weeks ago. In the UAE, the group has just signed the Radisson Hotel Fujairah.

Once open, the property will be group's second hotel in the emirate and bring its UAE portfolio to 24 hotels either in operations or under development. The hotel will sit in the emirate's city centre, 10 minutes from the International Airport and an hour from Dubai's airport.

Radisson Hotel Group VP of development Middle East, Greece, Cyprus and Pakistan Elie Milky said: "We are extremely proud to further establish Radisson in the United Arab Emirates and particularly in the city of Fujairah with another prominent partner. We're continuing to strengthen

our position as the leading international hotel group in the region as we increase the contribution of tourism to the country's economy. We thank our partners for their trust and look forward to an exciting and rewarding journey together."

Slated to open next year, the property will have 193 keys across various room types including standard, superior and suite. It will feature an all-day dining restaurant, a speciality restaurant, a bar and an executive lounge. Additionally, guests will have access to an outdoor swimming pool and a fitness studio.

The hotel also will incorporate MICE facilities for business travellers.

**Radisson**   
RESORT, FUJAIRAH

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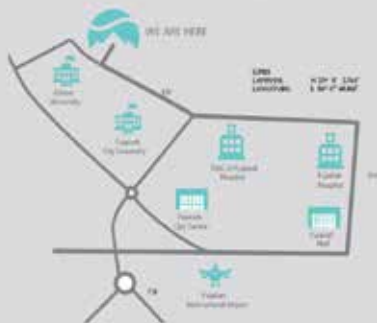
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## Fujairah's Only Day Club Opens Its Doors



**Shhh, it's a 'no-kids' kind of day. The InterContinental Fujairah Resort has just launched a Day Club concept which is also a kids-free zone. While the Resort prides itself on its reputation as a family-friendly hotel, there was a need for a space where couples and/or friends traveling without children would also find a sanctuary.**

CLUB POST EIGHT, a Crafted Day Club experience has been curated for grown-ups only!

For a flat entry rate of AED 250 and up (there are different packages), guests have access to a free-flowing menu of bites created by our chefs along with free-flowing mixologist specials. Private Cabanas, Sunbeds and Lounging Pool are accessible and guests are welcome to chill indoor and outdoor spaces from 12pm to 5pm.

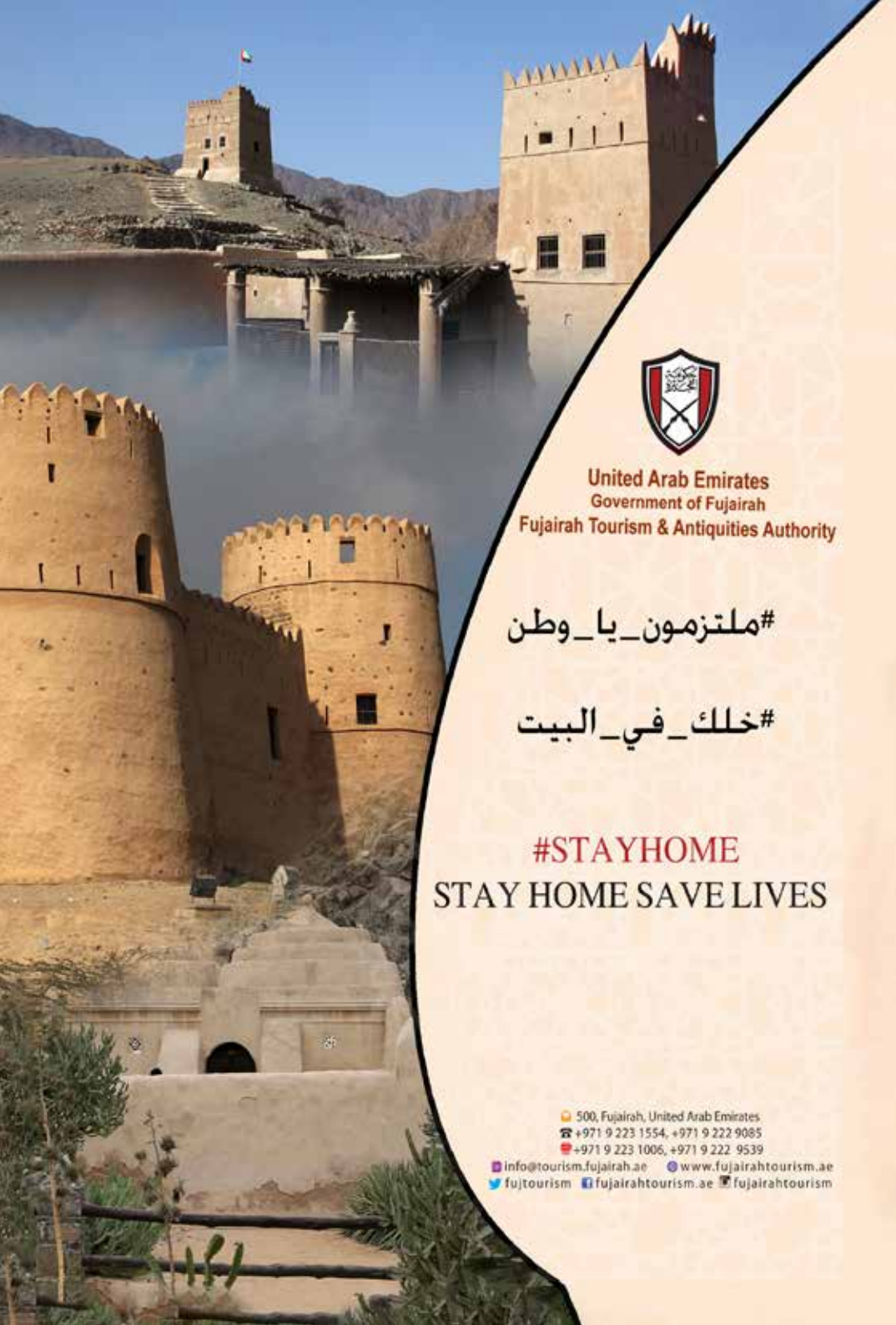
This experience is available every day of the week and it is recommended to book ahead as the Resort continues to maintain limited capacity and distancing protocols, in line with governmental advisories.

*For prior reservation +971 9 209 9601 / reservation.fjrae@ihg.com*

### Reef & Beef Night

DRIFT Seafood Kitchen & Bar, the beachfront culinary destination at the InterContinental Fujairah have launched a daily à la carte experience that brings together fresh bounty of land and sea.

Daily from 7pm to 10:30pm, choose from eclectic gastronomic surf & turf pairings such as Omani lobster & Australian lamb loin, US filet mignon & Indonesian king prawns or certified US CAB rib eye & Japanese soft shell crab.



United Arab Emirates  
Government of Fujairah  
Fujairah Tourism & Antiquities Authority

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## Fujairah man honoured for saving a person from drowning



### **Fujairah resident, Mahmoud Rashid Al Kindi has been awarded a certificate of valour by Fujairah Police for rescuing a man from drowning.**

Major General Mohammed Ahmed bin Ghanem Al Kaabi, Commander-in-Chief of Fujairah Police, honoured Emirati Mahmoud at the former's office for his courage and his efforts to save a person from drowning in the sea at Fujairah.

When Al Kindi saw a man struggling to stay afloat and frantically wave for help, he rushed to his rescue and fought strong sea currents to rescue him from drowning.

He managed to save the person's life and administered necessary first aid to him, until the national ambulance service arrived with the paramedics.

Major General Al Kaabi praised Al Kindi's courage and bravery and praised his valuable initiative in saving a life. The commander-in-

chief also presented a certificate of thanks, appreciation and reward to Al Kindi, stressing that this honour comes within the framework of Fujairah Police's interest in activating the role of community partnership and spreading the spirit of cooperation in order to extend security and safety, and noted the great role played by members of the society and their active contribution towards upgrading the reputation of the state through active cooperation with the security services, without any hesitation. He said this reflects devotion towards one's homeland.

Al Kindi thanked the police for the honour and pressured that what he did was a part of neighborhood responsibility.



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## Readers share their stories on with life under lock down

**The effects of lockdown were different for everyone. Some took this time to positively reform themselves ,exploring new things and others felt low due to the situation and circumstances around. It's the perspective that matters. Now since it has eased,things are getting better. Alhamdulillah**

As a teacher in GEMS , I felt mixed effects too. Well it started in March when we got the news about schools being shut down for preventive measures ,it was a good thing but as teachers we were concerned about our student's learning. So when the online training for e learning started I geared up and completed the course successfully. The school also gave us professional development in terms of setting online sessions with students using Microsoft teams and some useful websites too.

It was a new venture with our students and I was surprised and pleased with the enthusiasm shown by my fourth graders to learn through the remote learning programme. They would login as per the schedule shared and take active part by asking questions or clarifications. They learnt to be patient with the technical errors that would erupt at times due to network errors or login ids, the school too supported the technical issues with special helline mail services.

Everything that we once did during our regular school timings, was now happening online be it class assemblies,break times, parent teacher meet,lessons, PE sessions,attendance marking, giving feedback on students work, mastery and booster sessions, recorded videos,revision, learning conversation to staff meetings.

Yes, all this required a lot of effort from everyone playing their part to make this programme a great success. The teacher daily planned the lessons and prepared the power points and also gave live sessions. The students diligently attended the sessions and completed their task and worked

on the feedback.The parents supported and co-operated throughout the programme.

Overall it made students independent learners and I am happy to see the improvement in their learning through the online task assigned. The student's especially enjoy the break session where they can talk with their friends online but surely miss the fun of playing and sharing together .The joy of socialising with my students can never replace any technology and the same applies to teacher being replaced with technology too, that can never function well as teachers do more than just the one-way task of instructing a student. They identify social cues that would be impossible for a machine to parse, especially non-verbal or invisible interactions, that affect the learning experience. They help identify roadblocks for students that might be more personal or emotional in nature, that a machine cannot pick up on. They help to contextualize lessons in real time, which might not be possible for a piece of technology to do.

Think back to your favorite teacher – did you enjoy her teaching because of her infallible library of knowledge or because of how she made the subject come alive for you? The human connection is necessary for something as key as the act of learning.For me each student is a star and I want them to shine bright wherever they go.Now since the summer break has begun, I pray for safety and good health.The back to school smile on the children faces is a teacher's delight and I am looking forward to it.



*Inshallah*, this testing time will pass soon, we are all in this together and will keep shining and emerge as winners.

**Ms. Fareha Siddiqui**  
(Teacher at GEMS)

## Readers share their stories on with life under lock down

**Covid 19 is the cruelest nightmare of the year 2020! Not only has this deadly virus taken lives of our loved ones around but it has also instilled fear and has captivated our minds! Mental health is and will be the major concern to deal with post Covid! This virus started taking a toll on everyone in my household!**

We strictly adhered to governments guidelines and were home bound from March. Social distancing, hand washing, and masks became the mantras of our daily life!

But in this chaos, we had three birthdays lined up! Baby N's first birthday, Aminah's 8th and mine 36th! My kids were emotional with the spell of Covid, distance learning and missing school.

In short to distract them I decided to host all these

birthdays parties at home! We had fabulous celebration at home, from finger licking food to beautiful decoration, presents and customized cakes. We dressed up, exchanged greetings on Zoom meetings and had a feast!



So dear friends, I know times are challenging, but we shall not be a slave to Covid when it comes to our happiness. Plan, Organize, and execute! Here are few tips to have a great Quarantine party.

1. *Plan:* Do not wait for the Day! Jot down a plan, which should include and not limited



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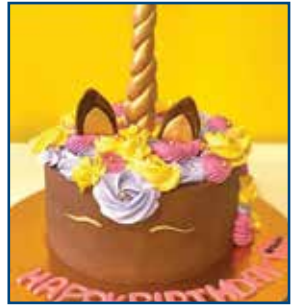
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- to, decorations, food, cake, dress, and gifts.
- 2. *Google to the Rescue:* For Baby N's first birthday I was looking for a theme birthday. I was utterly astonished to find countless ideas on google. From the trending "Quarantine Birthday party theme" to baby shark themes. It was Baby Shark for my baby!
- 3. *Birthday supplies:* It wont cost you an arm and a leg if you shop wisely! Amazon my savior! And don't we all just love to do window shopping on Amazon! Amazon had full variety of Baby Shark Birthday party supplies price ranging from reasonable to expensive. Like I said plan way before time, some items on Amazon are delivered within few days other might take days or weeks to be shipped. Hence you do not want to have



- a long face missing on your supplies.
- 4. *Guest list:* I cross my heart and you shall hear the truth only! It was just us! Me, my husband, and children. And believe you me this was one of the most memorable birthdays we ever celebrated. And then we had guests from all around the globe being part of our celebrations! Thanks to Zoom meetings!
- 5. *Dress:* We had that ready in our wardrobe since weeks! And we choose the best one!
- 6. *Birthday Present:* Children always anticipate presents on birthdays and I am sure no parent would want to fade away their excitement. Bow down to Amazon yet again! Vast variety to choose from, as per your budget and child's need. Cherry on top, delivered at your doorstep. I always keep a stock of gift papers at home. We wrapped the presents

- n i c e l y for our children, and the joy on t h e i r faces was priceless!
- 7. *Feast:* It is a birthday, prepare and serve what you would serve your guests! Hence, we had a delicious feast on all three birthdays. I mostly prepared preloved dishes of our family and presented the food in a festive way!
- 8. *Birthday Cake:* This is surely a prerequisite even if you just start to think of the birthday. I choose cake according to the party theme and flavors according to everyone's desire! Customized Baby Shark cake, Unicorn Cake and Cheese cake were part of our celebrations.
- 9. *Re usable supplies:* Most of our supplies were reusable especially the Happy Birthday banner! We used it for three birthdays in a row.
- 10. *Click click!:* This quarantine birthday is especial and will be part of Covid history for sure. We captured every single moment in our cameras. Posted pictures on social media for friends and family.



You are the master of your own happiness! Even during this critical time, stay home and cherish each moment with your family.

Stay Safe  
**Maheen Zeeshan**



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## Fujairah Business Centre nears completion



Al Taif Investment, the Fujairah-based joint venture between Dubai Investments and Fujairah Investment Establishment, has announced that **85% of work has been completed on its new mixed-use retail, hospitality**

**and residential project, Al Taif Business Centre, and that the project is due for handover by the end of 2020.**

The \$114 million project has a total built-up area of 96,400sqm and consists of two towers – hotel

plus residential tower with basement + ground floor + 19 floors and an office tower. The hotel and residences tower will contain a four-star hotel with 228 rooms, including 14 junior suites, operated by Marriott International and 79 apartments featuring one-, two- and three-bedroom units, each semi-furnished with electrical appliances.

Dubai Investments Vice Chairman and CEO Khaled Bin Kalban said: “Al Taif Business Centre project is designed and developed to offer an ideal leisure and business destination in Fujairah and is carefully crafted to meet evolving needs.”

As the emirate of Fujairah seeks to diversify its economy, there is increased focus on directing the resources towards enhancing urban development, tourism, retail, and leisure to attract local and international investors, observed Kalban.

Al Taif Mall, the G+2 level shopping mall within the development, is equipped with a basement and a retail area comprising of 39 retail shops' and a supermarket in core and shell set-up, five food outlets, two restaurants with outdoor terrace facilities and an additional 12 stores located in the basement to be used by the retail tenants as a convenient and secured storage area.

The retail spaces on offer are ideally placed within the towers, offering easy accessibility and convenient shopping. The retail parking space is designed to accommodate over 670 vehicles.

The 19-floor office tower is designed to provide office spaces in core and shell set-up, providing options for tailor-made offices to suit varied requirements.

“Developed in accordance with the emirate's strategic vision, Al Taif Business Centre project is counted among the projects that will set a benchmark in the emirate's planned urban development,” Kalban said.

“It will act as a catalyst, enhancing the emirate's attractiveness as a fully equipped leisure and business destination,” he added.

According to him, Al Taif Business Centre's strategic location was a distinct advantage that the project offered. Located approximately five minutes from Fujairah International Airport, in proximity to the arterial road of Hamad Bin Abdulla, it offers easy connectivity to other Emirates as well as other parts of Fujairah, he concluded.



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## Only in Fujairah - Leafy Corals

Now whenever I see anyone wearing a mask and it looks kind of weird, I wonder if they are smiling behind it.

I've always had this hygiene thing - where I would wash my hands 4-5 times just because I'm bored. Mind you this behaviour was pre corona time. So now with corona, I probably wash my hands around 7-9 times - just because I can.

It's crazy how corona helped in making our Earth better and helped in reducing factors of climate change.

In Fujairah, they're planting coral reefs that extends across the coast. Saeed Al Mamari - Manager of the Fujairah Adventures and his team in the center have been working on planting coral reefs in different parts of the Fujairah coast, some of the places include by the Fujairah Marine Club, Dibba Fujairah, Fugait area, and other places as well. This is done in order to reduce the carbon footprint and help in reducing the factors of climate change, a great step taken by Fujairah! This supports the environment, the diving community, and increases the incubation of fishes in our coast.

Here are a few pictures:



There is also a pretty cool thing Fujairah Adventures are doing: An underwater museum!

The cool thing is, that all of the above work are done by volunteers from the Diving Volunteers Team that is under Fujairah Adventures.

A big thanks to His Highness Sheikh Hamad Bin Mohammed Al Sharqi, Ruler of Fujairah - for this wonderful initiative that brought the people of Fujairah together.

Thanks also goes to the Ministry of Climate Change & Environment, and Fujairah Municipality, Dibba Municipality, and to all the volunteers involved in this massive initiative. Thanks also to Ali Al Dhanhani for the details of the initiative and the images.

Anyone can sign up - and if you'd like you can give them a ring on +971 09 222 2252 or find them on Instagram @FujairahAdventures



I suppose there is a silver lining to everything, including corona.

Until next time, *Fajrawis!*

**Sindiya, The Sign.**

## Toastmasters - Baking cookies Toastmasters style

**Let me tell you a secret about me. I am a foodie. It may not show on my face, but I am!**

How you can tell if I really care about someone? Easy! You will find me enjoying cooking for them.

And you want to know, if I am enjoying doing something? Hmm... super easy! I just compare it to food...

'Wow! Look at that yellow dress it is delicious like a spongy saffron cake'

'Ooh! Your baby's cheeks are so soft and tasty like marshmallows'

It is hence my pleasure to invite you to my humble kitchen, where I have chosen to bake the tastiest most delicious chocolate chip cookies.

What is special about these cookies is that these will be baked in the Toastmasters style. So I guarantee you will all love it.

*First with the Ingredients:*

- 60g butter
- 50g white sugar
- 100g light brown sugar
- 1 teaspoon vanilla essence
- 2 eggs
- 225g dark chocolate
- ¼ teaspoon salt
- ¼ teaspoon baking powder
- 40g flour

So let's start our exciting session by melting the butter to keep it ready to be mixed with the other ingredients. As we do in a Toastmasters club, we start our journey by melting our fear of speaking in public by introducing ourselves to audience members and letting go of stage fear.

Now the butter is melted and ready for the sugar. As you may have noticed from the ingredients, we will be using 2 types of sugar. I promise this is not to increase the risk of diabetes but it's essential to have that soft, chewy inside and crunchy, crispy outside.

In toastmasters, our evaluators also mix both types of sugar when providing feedback. We receive soft and crisp feedback from them to help us improve our speaking skills.

Alright, now that we have a beautiful, creamy and heavenly smelling mixture, we add our carefully chosen eggs one by one and continue mixing followed by drops of the vanilla essence to enhance the lovely flavor. Similarly, to enrich your toastmasters journey with a special flavor, you need to select a specific path from 10 different flavors that are called Pathways which you will find on the Toastmasters International website [www.toastmasters.org](http://www.toastmasters.org).

To continue, we now add the melted chocolate. Let me inform you that you have the freedom to choose any type either dark, milk or white chocolate as we do in toastmasters where we enjoy the absolute liberty of choosing our speech topics whether educational, humorous, health oriented etc.

A word of caution, however, respecting the audience is a huge part of speaking and hence we must avoid 3 topics known as taboos in respect of the multicultural and diverse audience.

Please excuse me, when I start talking about toastmasters I forget the time and go on talking non-stop.

Now let's get back to the kitchen and our beautiful cookies. To enhance the flavours, we add a pinch of salt.

As done in toastmasters, in order to enhance your speeches, you can use technology (PowerPoints, videos) etc.

We then add the baking powder to the mixture followed by the flour. For perfectly raised cookies, never forget the backing powder while the flour helps bring all the previously used ingredients together.

As in toastmasters, to constantly raise ourselves to become better speakers we need to practice, practice and practice. It's also important to come

together with all the members and exchange knowledge and experience through regular attendance of meetings.

Now it's the time for the secret ingredient that will take your cookies to the next level. Peanut, dark or white chocolate chips! They are tiny little surprises hidden in the heart of your cookies that will give them an unforgettable taste.

Our mentors are these hidden gems in our Toastmasters journey. They work behind the scenes to help us discover ourselves as speakers in ways that will surprise us.

A small secret to getting smooth and symmetrically shaped cookies are the dough rest/cooling period in the refrigerator before baking.

Similarly in toastmasters, we need to be cool and comfortable before and after delivering our speeches.

After refrigeration, it's now time to bake our cookies in a preheated oven under 180° C for 10-15 minutes.

My favourite part has as now arrived. Enjoying these beautifully made cookies.

Please enjoy them with me or as we say, **KEEP CALM AND BECOME A TOASTMASTER!**

**TM Manal Kamal Alhmmadi**



**Manal Kamal Alhmmadi**  
Communicating & Leadership programs  
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**Arivazhagan Arasamani**  
Communicating & Leadership programs  
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**MEETING LOCATION AND CONTACTS.**

Keep watching this space for the latest from Fujairah Toastmasters club. Now we are conducting Virtual Meeting on 1st and 3rd Tuesday of every month from 18:45 hrs, join us online for improving Communication Skills and Leadership Skills.

Entry is FREE! Be our Guest! Later, join us.

For details, please contact:

Vice-President (Public Relations): TM Arivazhagan Ariv - 052 519 6697

## Shurooq announces four eco-inspired tourism projects in Khorfakkan, Kalba, Al Dhaid and Mleiha

Khorfakkan Beach



**His Excellency Marwan bin Jassim Al Sarkal, Executive Chairman of Sharjah Investment and Development Authority (Shurooq), yesterday revealed during a recent live interview on Sharjah TV that the Authority will be undertaking four new large-scale tourism and hospitality projects in Khorfakkan, Kalba, Al Dhaid and Mleiha. The strategic undertaking follows Shurooq's vision of transforming Sharjah as a leading hub of nature-inspired experiences, and brings the emirate's central and eastern regions within the folds of its ambitious plans.**

Al Sarkal has noted that the new developments follow the wise directives of His Highness Sheikh Dr. Sultan bin Muhammad Al Qasimi, Member of the Supreme Council and Ruler of Sharjah, to materialise key infrastructural projects which would further boost Sharjah's appeal as a go-to

destination for as well overseas travellers as well as UAE citizens and residents by allowing them access to the unique heritage and diverse natural landscapes that make up the many cities and regions of the culturally rich emirate.

Pointing out that the new projects are being rolled out in response to a sharp increase in touristic and leisure activities and demand for new experiences in the emirate, Al Sarkal emphasised that they are being designed to fulfil His Highness's directives to ensure greater economic opportunities and prosperity for those residing in these regions.

He noted: "We are all set to begin the construction of two five-star hotels at scenic locations in Sharjah's eastern region – the first 66-key property will be located along the Khorfakkan Beach and be home to the city's first waterpark. The second one will stand adjacent to Kalba Waterfront, the major retail project being developed in phases by Shurooq and Eagle Hills."

He explained: "The two hotels are being developed to promote both Sharjah's tourism and investment appeal, in the eastern region in particular. Shurooq has been at the forefront of advocating for



Al Faya Retreat



responsible investments to promote sustainable, diversified and cross-sectoral growth, and we believe these new projects will offer investors in retail, tourism, hospitality and real-estate lucrative and high-yielding opportunities.”

Al Sarkal also revealed that Shurooq will be developing a 60-key experiential family retreat within the 14 sqkm Seih Al Bardi Kabeer safari park project Sharjah is currently developing in the interiors of Al Dhaid. This will be Sharjah’s first-of-its-kind hospitality offering set within a sprawling natural and wildlife reserve, which is expected to be home to 50,000 African animal species.

The Moon Retreat, Al Sarkal said would be a new feature at Shurooq’s Mleiha Archaeological and Eco-tourism destination, which is expected to welcome guests by the end of this year. This will Shurooq’s second boutique hospitality offering in the Mleiha region with the first one being Mysk Al Faya Retreat, which is part of Sharjah Collection.

The Shurooq Chief Executive summed up these key announcements with the message that with these new projects, Shurooq seeks to boost the national economy by stimulating new investments



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## Character Formation in Children



**Many parents are worried about the behavior of their children. The behavioural issues led to conflict between parents and children at homes, teachers and students at schools and among peers. Unfortunately many parents are clueless. They don't know how to tackle the behavioural problems and often resort to physical punishment.**

Recently I came across a mother of a fifteen year old boy and she is almost shattered by the issues created by her son at home and school. The boy was good natured and gentle until teens. His parents noticed rebellious nature in their son. He started to back answer and disobey. In school he was involved in verbal abuse and violent fight with his classmates. Moreover, he lost his interest in studies and addicted to internet games and social media. Parents tried all methods at their disposal such as advice, scolding, beating, denying internet and so on. However the boy was more rebellious and became a headache to parents and teachers. This is not a rare case instead, many parents are suffering from the bad behavior of their kids. Surprisingly, bad behavior is not an exclusive

issue of boys, many girls also make their parents and teacher unhappy by their disobedience and negative character.

The following behavioural issues are commonly found in children.

- Inattention means a person wanders off task, lacks persistence, has difficulty sustaining focus.
- Attention deficit hyperactivity disorder (ADHD): Kids with ADHD have trouble with, paying attention, listening, sitting still, and waiting their turn.
- Aggressive behavior: These are behaviors that threaten or cause physical harm and may include fighting, bullying, being cruel to others or animals, using weapons, and forcing another into sexual activity.
- Opposition defiant disorder (ODD) is a disorder found primarily in children and adolescents. They are easily angered and may seem to be angry much of the time. Such children to blame all their problems on others.
- Destructive behaviour: This involves intentional destruction of property at home or at school. They may throw things in a fit of rage or deliberately involve in destruction of things of others.



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- **Deceitful behaviour:** This may include repeated lying, shoplifting, or breaking into homes or cars in order to steal.
- **Violation of rules:** This involves going against accepted rules of society. These behaviors may include running away, skipping school and playing pranks.

**Importance of Character**

Character formation in the childhood days are vital. Proverb (22:6) says 'Train up a child in the way he should go, and when he is old he will not depart from it. The scripture ways points to the role of parents, teachers and elders in molding the character of young ones.

The words of Billy Graham 'When wealth is lost, nothing is lost; when health is lost, something is lost, when character is lost, all is lost' is very relevant. Also the words of an unknown author who said 'Be careful of your thoughts, for your thoughts become your words; be careful of your words, for your words become your deeds; be careful of your deeds, for your deeds become your habits; be careful of your habits, for your habits become your character; be careful of your character, for your character becomes your destiny.'

The aim of parents should be improve society and lives of children by improving their values, attitude, choices, actions and character. Behaviour is the result of values, beliefs, mindsets and attitudes that control our actions.

**Steps to form good character**

- **Inculcating values:** Character formation is by way of making positive change. Most effective way of changing someone is instilling or strengthening values. Values are the building blocks of Character and shape the nature and quality of our personal and social interactions. Values are adopted by way of teaching and advice of parents, teachers, peers and elders, role models, social traditions and inherited values. The moral science classes in schools are an

- example for inculcating values.
- **Thinking:** To change the way people behave, you have to first change the way they think. Always try to encourage positive thinking in children.
- **Beliefs and attitudes:** The best way to changing behavior is to change the beliefs and attitudes.
- **Choice:** Develop ability to choose option that achieves the best possible result
- **Encouragement:** Promote wise and ethical conduct by rewarding for good behaviour.
- **Avoid physical punishment:** Spanking can never be effective weapons for disciplining your children. It will make your children more angry and violent.
- **Contract:** The child and the parents can make contracts that punish unwanted behaviours. For example, the child may lose a privilege such an outing with his friends or not allowing to go for evening football match.
- **Be a role model:** Teachers and parents are the role model for children, therefore always display good behaviour and show the children why good behaviour is beneficial and productive.



**Douglas Joseph**

*The author has been teaching in colleges and schools for the last 18 years in India, Maldives and U.A.E. Currently teaching in Our Own English School Fujairah.*

*He is a prolific writer on teenage and education issues in various magazines and online portals. He Conducts seminars and motivational classes on education, study skills. Exam preparation, soft skills development, career planning and parenting)*

## Fujairah hospital does the first-of-its-kind laproscopic procedure



**In the first-ever reported case of minimal invasive surgery to extract an 8cm cyst from the liver, a UAE surgeon was able to resect a portion of the liver of a 49-year-old woman, laparoscopically.**

The patient, Christy Bai Gnanamai Parimala, a music teacher at a Fujairah-based school, had been suffering from abdominal swelling, breathlessness, pain and nausea and had lost her appetite for many days. The baseball-sized cyst contained live worms that were growing within the membrane after this music teacher had inhaled them from the faeces of her pet dog.

The three-hour keyhole surgery recently took place at the Thumbay Hospital in Fujairah.

### What are Hydatid cysts?

Providing details of the case, Dr Raj Kumar, surgeon and specialist, minimal invasive surgery,

told Gulf News: “Hydatid cysts are relatively rare in the UAE. These are caused when a person inhales or ingests microscopic larvae of the dog tapeworm (*Echinococcus granulosus*) excreted through the faeces of the animal. The larvae from a cyst that is attached to the liver continues to grow as the worms grow. This cyst can be fatal if it ruptures because as it releases the larvae into the blood stream. The liquid from the ruptured cyst can be highly toxic.

Hydatid disease is fairly common in some parts of Saudi Arabia, Australia, parts of the United States and in the Indian subcontinent.”

The traditional procedure is to cut open the abdomen to extract the cyst. The minimally invasive surgery, carried out for cyst extraction in the Middle East, helps extract the cyst and parts of the infected liver through minor punctures on the abdominal area. This not only gives a better cosmetic outcome, but also accelerates healing, allowing the patient to resume a normal life within a week.

### Cyst growing for 10 years

Parimala's son, Jeremiah Caleb Henry said the cyst must have formed more than ten years ago.

"My mother came here ten years ago to teach at the school. Prior to that, in Chennai, India, we had a pet German Shepherd dog and we presume that the source of this larvae was that pet which was eventually given away when she moved here."

Henry said the cyst was spotted two-and-a-half years ago during a routine CT scan.

"My mother had suffered from lower-back pain two-and-a-half years ago and during the scan, the doctor had spotted this tiny cyst, which he said was a common cyst that would go away with time. But for the last few months, my mother was complaining of something poking her stomach as the cyst was pressing from the liver on to her abdominal wall. Since she was in pain, discomfort, breathlessness and experienced loss of appetite, she underwent a CT scan – only to discover that the cyst had grown to be 8x7cm."

After surgery, Parimala said that the pain had subsided and she could no longer feel the poking sensation in her tummy.



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### Laparoscopic Surgery

Laparoscopy is just one of the many new and innovative approaches in a new era of surgery encompassing minimal intervention. Simply put, many complicated problems required large incisions to gain access to a very focal area. Minimally invasive surgery gains access to that same area without a large incision. Laparoscopic surgery refers to procedures in minimally invasive surgery isolated to the abdomen.

Surgeon, with nurses, performing an abdominal laparoscopic procedure.

Laparoscopic surgery requires only small puncture holes for insertion of various operating instruments.

Early experience in laparoscopy was gained by gynecologists performing tubal ligation by looking through a small telescope inserted through the umbilicus (belly button). In the late 1980s, technology evolved to a point where the images could be projected onto TV screens.

Laparoscopic surgery has evolved tremendously over the last 10 to 20 years. A variety of complicated procedures are now able to be performed laparoscopically with less post-operative pain, faster recovery, and smaller scars than traditional open operations.

#### Benefits of Laparoscopic Surgery

The advent of laparoscopic procedures revolutionized surgery in many ways. Procedures that required weeks to recover from were dramatically reduced in many ways.

A few of the benefits are:

- reduced bleeding
- smaller incisions
- faster healing
- reduced pain and scarring
- 

Laparoscopic surgery takes more time than the traditional open surgery, but the benefits are undeniable. Recovery time can be reduced from several weeks to several days.

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## Parents as “Speech Therapists” at home

As the COVID-19 pandemic has spread across the globe, there has been a temporary closure of speech therapy services. Despite this, parents can make use of this situation wisely by availing opportunities at home to enhance their child’s communication through an organized home training program, to will increase the success of speech-language therapy. These are also effective even if children are attending regular sessions with a therapist.



The following are general ideas of how parents or caregivers can help their children improve their use of language naturally. Please note that this is not a replacement for speech and language therapy services.

### Story

- ❖ Stories help to improve sentence construction and vocabulary. Ask questions about the pictures on each page, the character, what will happen next, etc.
- ❖ Target like Who, what, where, when, how, why.
- ❖ Read the same books more than once to make the child familiar with the words and to give more exposure to the vocabulary.
- ❖ Gradually encourage your child to narrate the story.

### Playtime

- ❖ Join your children during playtime; engage and talk about the game or toys. Describe the toy for example while playing with animal models name them, describe where they live, or what they eat, etc.
- ❖ Work on skills like turn-taking, requesting, identifying, and labelling.
- ❖ Provide a variety of age-appropriate toys with various motor actions and vocabulary targets. Involve your child in pretend play.

### Daily Routine

- ❖ Bombard your child with language throughout the day. Talk to your child during mealtimes, when they get dressed, brush their teeth, or during bath time.
- ❖ Provide language opportunities to your child. For example, give two choices. Make way for a verbal response rather than a head nod or yes/no. (i.e. do you want milk or water?)



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### Rhymes

- ❖ Rhyme teaches children how language works and also how to pronounce words. Children hear words that they would never usually come across in day to day communication.
- ❖ A rhyme's repetition will help your child become aware of the individual units of sounds, known as phonemes, which make up words.
- ❖ Sing a variety of rhymes with various vocabularies. Add movement and actions to make it enjoyable.

### Arts and Crafts

- ❖ Involve your child in art and craft activities, including painting, colouring, cutting, pasting, etc. Work on a variety of vocabularies (nouns, verbs).
- ❖ You can include concepts such as colour, size, position, etc.

- ❖ You can encourage your child to follow different directions/commands (take, put, paste, press, etc.)
- ❖ Art and crafts also improve sensory and fine motor skills.

### Cooking

- ❖ Cooking is a language-rich activity. Depending on the age of your child, you can involve them in simple cooking routines. For example, preparing lemonade, or a jam sandwich.
- ❖ Work on descriptive language (different taste, smell, colour, size, texture).
- ❖ Work on sequencing skills (first, then, last), following directions (peel, cut, mix, grind, shake) naturally and in a fun way.

Parents have many opportunities to interact with their children in everyday situations. If utilized effectively, every interaction will serve as a building block to develop your child's speech and language skills.

### Deepthi Damodar

Speech Language Pathologist  
Rising Sun Centre For Special Needs,  
Fujairah





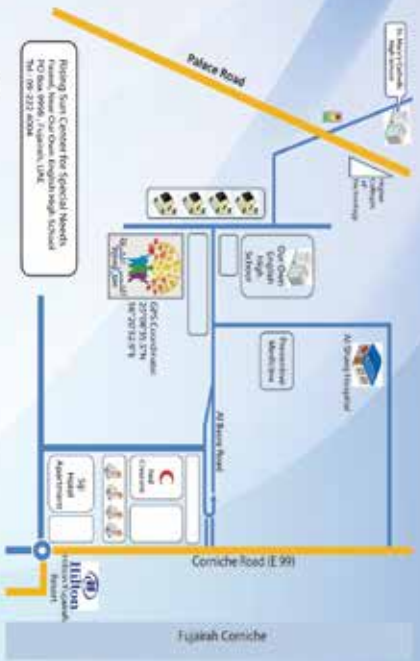
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## Rising Sun Acquires Dimensions Centre



**Rising Sun is pleased to announce that it has recently acquired Dimensions Centre located in Rughaylat. Dimensions opened in November 2015 with the goal of empowering children who suffer from various physical and cognitive challenges, and to help them adjust to school and their environment.**

The joining of forces with Dimensions Centre will give Rising Sun a strong presence in Fujairah which will further strengthen its vision of becoming the center of excellence for special needs on the East Coast.

Rising Sun provides a safe and individualized learning environment for the development of children with physical and neurodevelopmental challenges. With the addition of the new branch in Rughaylat, the Rising Sun has also gained 5 new therapists. They will be able to assist more

children in becoming independent, confident, and self-sufficient members of society.

We look forward to continuing to serve you and thank you for your constant support.

**Sarah Dunn**  
General Manager



## How To Stay Healthy Following “Lockdown” ©Alva Carpenter

The golden rule for any disease is "prevention is better than cure." We are learning the value of our good health in protecting ourselves based on our own good health and a good immune system.

Here are steps you can take which are really powerful but do not cost any money.

### Take note how dehydration can affect your health

People are now talking about ways to boost immunity, but hydration is an incredibly important part of having good immunity. It is often forgotten. The mucosal lining of the nose is your first line of defence against virus and Infection. If you do not drink enough water this lining dries out and let pathogens invade the body. For good hydration make water your main drink of the day and always carry a water bottle with you to keep your mouth and throat moist.

Water is a serious key to the body functioning as well and dehydration may well be a factor in strokes and other major problems that could be avoided.

"Most stroke patients are dehydrated on admission," Albert Favate told Neurology Advisor, "The state of dehydration can play a role in CNA perfusion, and lead to haemoconcentration and vascular sludging, exacerbating stroke."

Up to 60% of the human adult body is water. The brain and heart are composed of 73% water, and the lungs are about 83% water. You can tell if you are dehydrated by looking at your urine. Dark yellow to amber urine means you may have mild to severe dehydration.

You can usually tell you have good hydration levels if your urine is light and pale in colour.

You can improve your health by making water your first and main drink of the day.



### Get Some Fresh Air and Oxygen every day to keep your lungs and body healthy

In fact, every tissue and every cell in the body needs a constant supply of oxygen to work properly. Oxygen gets into our cells and tissues via the lungs.

The lungs breathe in oxygen from the air, then pass the oxygen into the bloodstream through millions of tiny air sacs called alveoli.

Breathing is central to life, as it allows the human body to obtain the energy it needs to sustain itself and its activities.

Try to get out in the fresh air daily and you will look and feel better.

Fresh air makes you glow with health. For those of you living in the heat this means an early morning or late evening walk along the beach or in a park.

### Exercise Is Key to Health

Our bodies were made to move and if we only sit, they will seize up and get stiff. Many people tell me they are too tired to exercise, but when you exercise you feel more energetic and have more energy. If you exercise in the mornings, you will have a better day.

### Reasons to Exercise

People who exercise are smarter as exercise increases the blood flow to the brain.

Aerobic exercise keeps your heart, lungs and circulation healthy: it also moves the oxygen around the body and gives your face a healthy oxygenated glow.

Exercise ensures you get a good night's sleep.

Exercise will boost your stamina, give you more energy, and will make you look and feel better and more confident and happier.

Exercise makes you realize that you have a body that is worth looking after.

Try to plan a variety of different forms of exercise. Make exercise part of your morning routine. Check out the Anti-Aging Mini-Morning Workout video at [ardenhealth.com](http://ardenhealth.com)

### Practice Good Hygiene

- Regularly wash your hands with soap and water
- Clean your hands using an alcohol-based hand sanitizer when washing is not possible as this will effectively kill the virus
- Wear a mask in crowded areas or when social distancing is not possible
- Get into the habit of not touching your face when you are out in public - the eyes, nose, and mouth are entry points for the virus and touching them should be avoided
- Carry antibacterial wipes with you to wipe down all areas you may touch, particularly when using public toilets
- Always flush the toilet with the lid closed, wash your hands with soap, and use your hand sanitizer after touching the toilet door

Permea Plus and Permea Plus for Men both contain 26 vitally important, pharmaceutical-

grade vitamins, minerals and antioxidants. By taking these supplements every day, you are ensuring that your body has everything it needs for a healthy immune system - giving you the best possible chance to fight off this virus.

### You Write

*Over the last few months, I have put on a lot of weight through staying at home and snacking. I am really cross with myself and want to lose weight really fast. Can you give me some tips to shed the kilos? Thank you. Sara*

Firstly, you are not alone. Many people have put on weight. Losing weight quickly is not always a long-term solution and what you want to do is get back into a routine of good habits. If you follow us on Instagram [@ardenhealth](https://www.instagram.com/ardenhealth) you will find a comprehensive video on How to lose weight in 3 steps in a very healthy way. Other than that, you could try Actrim2. It is a supplement made from four fruits and is available at Medicina Pharmacies in UAE. **Alva**

*Can you suggest any simple, quick ways to lose weight? I have put on 10 kilos during the last few months. Zena*

Well the best way to lose weight is by making gradual small changes to your eating habits. If you have put on weight it is because you have been eating more food than your body needs and usually it means that you have been eating more carbohydrates and sugar than your body requires. A quick simple way to lose weight would be to cut down on white carbohydrates. White bread, chapatis, white rice and pasta. But you should have some carbohydrates as you should eat food from all the 5 food groups as your body needs a balance of all these groups working together to be healthy. So, I would recommend you have your carbs at breakfast time. If you visit [ardenhealth.com](http://ardenhealth.com) you will get lots of information on how to lose weight and keep it off in a healthy way. If you follow Arden Health on Instagram [@ardenhealth](https://www.instagram.com/ardenhealth) you can see short videos on weight loss which I recommend. I send you my best wishes. **Alva**

## It's a Weird and Wonderful World



### Dubai Crown Prince Cordons Off Mercedes After Birds Build Nest On It 🇦🇪

The Crown Prince of Dubai has earned praise for refusing to use his Mercedes after spotting a bird's nest on it. Sheikh Hamdan Bin Mohammed Bin Rashid Al Maktoum is a nature lover and his reputation as an environmentalist was further boosted by his decision to cordon off his Mercedes-AMG G63 SUV.

Sheikh Hamdan had recently posted an Instagram story which showed his Mercedes cordoned off with red and white tape inside his Dubai residence. He reportedly also told his staff to stay away from the area so as not to disturb the bird. The video, filmed from a distance, showed the bird sitting on her nest on the SUV's windshield.



The Crown Prince of Dubai, who is popularly known as Fazza, also took to Instagram again with an update for his 10 million followers. This time, he shared a video showing the chicks that hatched from the eggs. "Sometimes the little things in life are more than enough," he wrote while sharing the clip, which shows the mama bird taking care of her babies on top of the luxury vehicle.

The video has gone viral on Instagram, collecting a whopping 1.5 million views in less than 24 hours. Many Instagram users were delighted with the video and praised Sheikh Hamdan.



### Russian athlete breaks Guinness record for underwater bench press 🇷🇺

A Russian athlete broke a Guinness World Record when he went underwater and bench pressed a 110-pound barbell 76 times before coming up for air.

Vitaly Vivchar of Tomsk said he trained for two months before taking on the record Thursday at Lebyazhye Lake. He said the feat combined his skills as a championship weight lifter with his amateur hobby of free diving.

Vivchar managed 76 repetitions, beating the previous record, set by U.S. man Greg Wittstock.




### Michigan farm's 12-acre corn maze spells out 'COVID GO AWAY' 🇺🇸

A Michigan pumpkin farm awaiting its fall reopening remodeled its 13-acre corn maze with



a timely message: "COVID GO AWAY." Johnson's Giant Pumpkins in Saginaw said the corn maze was remodeled in anticipation of the business' planned reopening Sept. 12. The farm said in a Facebook post that guests will be able to send a message to the coronavirus by visiting the maze when it opens. "Stomp out 'COVID GO AWAY' as you wander through the 13-acre corn maze this fall," the farm said in a Facebook post. Owner Gerald Johnson said the message should also serve as a reminder to be safe as the virus continues to spread. "It's still out there, we still have to be careful, we still need to wear masks where needed, and just be aware of it and take reasonable precautions," stated Johnson.




**Woman celebrates 103rd birthday by getting first tattoo **

A Michigan woman celebrated her 103rd birthday and being sprung from lockdown at a nursing home by trying something new: getting her first tattoo. Dorothy Pollack celebrated her 103rd birthday in COVID-19 lockdown at a Muskegon nursing home June 16, and her family said they soon realized they needed to get her back out into the world. "The nurse in the home said she was horribly depressed and we needed to get her out. We couldn't see her so we had no idea how she really was. She's extremely hard of hearing so phone calls were not helpful," granddaughter Teresa Zavitz-Jones said. Pollack celebrated her freedom by getting her first

tattoo: a small frog on her arm. "It was pretty exciting because years ago my grandson wanted me to get one and I wouldn't do it," Pollack said. "All of a sudden, I decided I would like to have one. And if I could, a frog. Because I like frogs." Ray Reasoner Jr. of A.W.O.L. Custom Tattooing in Muskegon said Pollack is the oldest person he has ever tattooed. "She took it like a champ. I didn't even see her wince. Maybe she had half a wince once," he said. Pollack followed up her first body ink with another personal first: taking a motorcycle ride. The centenarian said she and her family are now planning further adventures.



**Long-lost twin brothers reunite after 43 years in Vietnam **

A pair of long lost twin brothers were reunited in Vietnam after being adopted by different families 43 years earlier. Tran Van Canh and Tran Van Truong, both 52, said they were given to separate families at age 5 when their parents lost their home and found themselves impoverished due to mounting medical bills for the men's father, Tran Van Trang. Tran Van Canh said he was a teenager when he met a woman who was believed to be his biological mother, but he later discovered the woman's son had been given up around the same time under different circumstances. Tran Van Thanh was reunited with his biological family at age 25 and joined his mother, Pham Thi Lien, in searching for his twin brother.

Canh and his mother's family had separately sent letters in 2007 to TV program *Nhu Chua He Co Cuoc Chia Ly* -- As If There Was No Separation -- which specializes in reuniting family members. The show's producers eventually made the connection between the letters, but they were unable to contact Canh until this year because he had moved and changed his phone number. Canh requested a DNA test to confirm his relation to the family, and after the test came back positive he was reunited with his mother, twin brother and the rest of the family. He said he was unaware that he had a twin brother and was shocked to discover the other man looks exactly like him. The twins said they were surprised to learn they share the same sense of humor and have similar food preferences.



### Researchers teaching robots to write a stage play in Czech Republic

A team of artificial intelligence researchers are teaming with theater professionals in the Czech Republic to create the world's first play written entirely by "robots."

Researcher Rudolf Rosa of Charles University said his team is working together with Svanda Theater and the Academy of Performing Arts in Prague on the project, dubbed *THEaiTRE*.

Rosa said the idea was suggested by entrepreneur Tomas Studenik as a means of celebrating the 100th anniversary of *R.U.R.*, aka Rossum's Universal Robots, a 1921 play by Karel and Josef Capek that is credited with originating the term "robot."

"Tomas thought that this should be properly celebrated and came up with the idea of turning

the story around: 100 years ago, a man wrote a theater play about robots; what if today, robots wrote a theater play about men?" Rosa stated.

He said the team is working with artificial intelligence models that were previously successful in generating pieces of text, including poetry and dialogue.

"Thanks to the approaching anniversary, our main target is clear and fixed: by January 2021, we need to have a play ready for premiere," Rosa said.

He said the team is aiming to have a script finished in September to give the theater group time to turn it into a full-fledged production.

"Even though we are developing a general tool for theater script generation, at the moment we only really need to generate one script," he said.



### Man proposes to girlfriend with hundreds of candles, burns down their home

A man's romantic gesture went up in flames - quite literally - when he inadvertently burned down the apartment he shared with his girlfriend while setting up for a proposal. The British man, who has not been named, was planning to propose to his girlfriend. To do so, he lit hundreds of tea lights in their apartment, filled it with balloons and poured out wine in glasses. As he went to pick his partner up from right around the corner, the candles he had lit contributed to a fire that burned down their apartment.

South Yorkshire Fire & Rescue firemen quipped, "And they say falling in love isn't dangerous ... he found his eternal flame."

On the bright side, nobody was injured in the apartment fire - and the girlfriend did say yes!



### Town baffled by disappearance of over 100 shoes. Thief turns out to be...

In a suburb of Berlin in Germany, locals were baffled for weeks by the theft of footwear from their gardens at night. According to the BBC, residents of the leafy suburb of Zehlendorf puzzled about who could be stealing flip flops and sports shoes at night until they uncovered the unlikely culprit.

Among the many sandals, shoes, flip flops and sneakers that disappeared from the town were local resident Christian Meyer's running shoes.

Mr Meyer posted about the theft of his shoes on a popular noticeboard-sharing platform called Nebenan.de, where he learned that his were not the only pair of shoes to go missing of late. Many other locals had also posted about the loss of a pair of shoes or a single shoe - with the total coming up to over 100 thefts. While looking into the bizarre disappearances, Mr Meyer unmasked the thief. It was a fox.

According to Mr Meyer, he caught the fox "red-handed" in the act of walking away with a pair of blue flip-flops and clicked a picture of the thief. He later discovered the fox's treasure trove of shoes - photos of which were posted on Twitter by Tagesspiegel editor Felix Hackenbruch.

The photos have collected thousands of 'likes' on the microblogging platform, amusing many. Take a look at some of the reactions that the incident has garnered:

While three other pairs of shoes have been reclaimed by their owners, Mr Meyer is yet to find his running shoes.



### Kids Accidentally Break \$64,000 Glass Replica of Disney Castle

The Fantasy Castle, which weighs about 60 kilograms, took over 500 hours to build, features over 30,000 individual pieces and is decorated in 24-carat gold glass sculpture of Disney castle at Shanghai Museum of Glass

A visit to a dreamy Disney castle recently turned into a nightmare scenario for two young kids at the Museum of Glass in Shanghai.

The two youngsters were chasing each other around one of the exhibits when they hit into a \$64,000 glass replica of a Disney castle, a museum spokesperson revealed in a statement on the Chinese social media site Weibo.

The tower, also known as The Fantasy Castle, was "demolished," the spokesperson said, while other parts were damaged.

The Fantasy Castle was created by the Arribas Brothers, Spanish artisans who gave the castle to the museum in 2016.

Despite its name, the castle appears to be inspired by the one at the center of Shanghai Disneyland that is officially known as the Enchanted Storybook Castle.

The museum seemed to take the incident in stride, commenting on Weibo, "The little visitors knew that their behavior was inappropriate, and, under the encouragement of their parents, reported the incident to the museum staff. Their attitudes were friendly and sincere, and they agreed to help out with follow-up matters."

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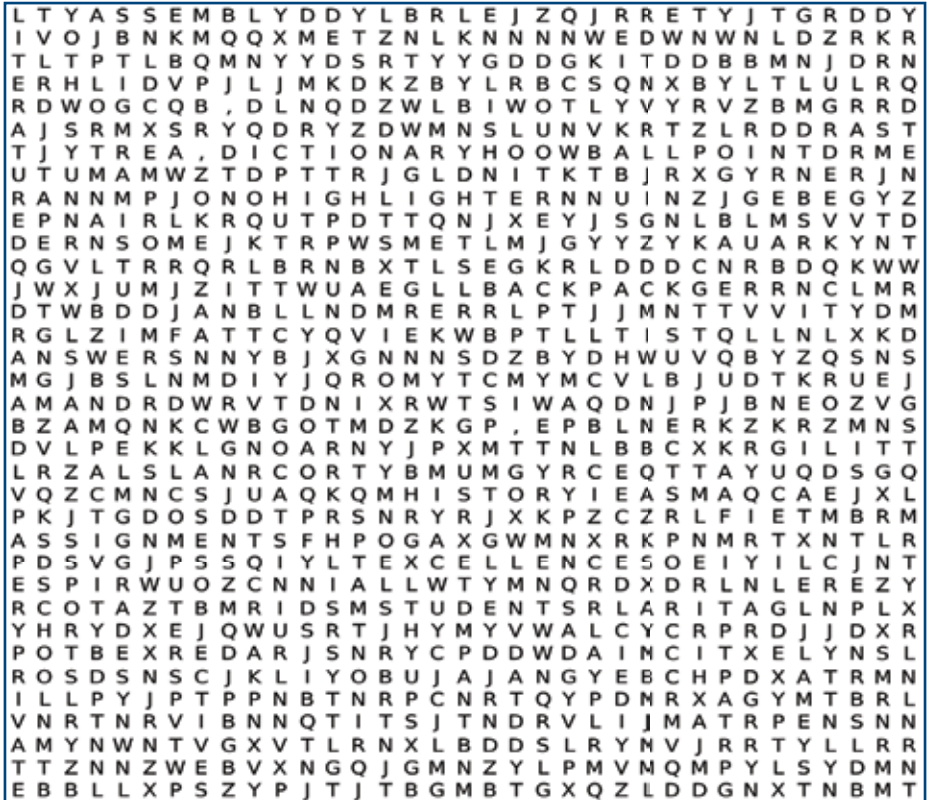
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## Trivia Quiz

1. Luzon is the largest and most populous island in which Southeast Asian nation?
  2. Prince Caspian, The Voyage of the Dawn Treader and The Silver Chair are three novels set predominantly in which fictional world?
  3. Who is the only man to serve two non-consecutive terms as US President, from 1885-1889 and 1893-1897?
  4. In which language does 'spasibo' (usually written in its native script) mean 'thank you'?
  5. The four 'fashion capitals' are usually considered to be New York, London, Paris, and which other city in southern Europe?
  6. English band who featured in the best-selling soundtrack of film Saturday Night Fever (1977)?
  7. Megatherium is an extinct, 4-tonne, ground-based relative of which modern South-American mammal, infamous for its slow movement through the rainforest canopies?
- 
8. In Greek mythology, which hero - the legendary founder and first king of Athens - is credited with having slain the Minotaur in the labyrinth of Knossos?
  9. In which modern-day capital city was Archduke Franz Ferdinand assassinated by Gavrilo Princip in 1914, sparking the crisis that ushered in the First World War?
  10. What links the Olympic events of the Decathlon, 50km walk and the 110m hurdles?
  11. I'll make a man out of you and A girl worth fighting for are songs from the soundtrack of which 1998 Disney movie?
  12. The Glorious Revolution of 1688 - an effective invasion of England - led to the only ever joint monarchy in British history, shared between which king and queen?
  13. Small country in the horn of Africa - whose capital has the same name - was formerly known, during the colonial period, as French Somaliland?
  14. Which notorious figure of Norse mythology has - since 2011 - been portrayed by Tom Hiddleston in the Marvel Cinematic Universe?
  15. Which artefact, discovered in the town of Rashid in the Napoleonic Wars and now displayed at the British Museum, proved crucial in the translation of Egyptian hieroglyphs?
- 
16. Term, of Central Asian origin, is used to refer to the vast northern snow forests of Russia and North America, the world's largest single biome?
  17. Indian batsman, highest run-scorer in test cricket history, with just under 16,000 runs?
  18. Which famous actor insisted on receiving a unique purple lightsaber for his role in the Star Wars prequels from 1999-2005?
  19. Eruption of Indonesian volcano in 1883 is cited as loudest sound in recent human history?
  20. Paprika is the predominant spice in which Hungarian meat and vegetable stew?

## Wordsearch



Locate the word list at the side or bottom of the screen. Find all the words from the themed word list in the puzzle grid. Words may be found going forwards, backwards, up, down or diagonally.

- |             |            |             |            |          |
|-------------|------------|-------------|------------|----------|
| Academic    | Clubs      | Games       | Literature | Quizzes  |
| Activity    | Computers  | Girls       | Locker     | Reading  |
| Answers     | Desk       | Grades      | Map        | School   |
| Art         | Detention  | Grammar,    | Markers    | Science  |
| Assembly    | Dictionary | Graph       | Numbers    | Scissors |
| Assignments | Drama      | Gym         | Nurse      | Sports   |
| Auditorium  | Education  | Highlighter | Objectives | Stapler  |
| Awards      | Elementary | History     | Outside    | Students |
| Backpack    | English    | Homework    | Paper      | Studies  |
| Ballpoint   | Eraser     | Ink         | Pencil     | Subjects |
| Books       | Excel      | Instruct    | Pens       | Tape     |
| Bus         | Excellence | Janitor     | Playground | Teaching |
| Calendar    | Fail       | Junior      | Principal  | Tests    |
| Charts      | Flashcards | Learning    | Private    |          |
| Classes     | Friends    | Library     | Public     |          |

## Word Square

**Across**

- 1. Eye make-up
- 8. Clothing
- 9. Gushed
- 10. Semiautomatic rifle
- 11. Craftsman
- 12. Act out past events (2-5)
- 13. Cooked but still firm

**Down**

- 1. Eye make-up
- 2. Clothing
- 3. Gushed
- 4. Semiautomatic rifle
- 5. Craftsman
- 6. Act out past events (2-5)
- 7. Cooked but still firm

1	2	3	4	5	6	7
8						
9						
10						
11						
12						
13						

## Ladderword

**Across**

- 1. Lubricant
- 3. Dirt
- 5. Works hard
- 6. Rodent
- 7. Tarpaulin
- 8. Rap with fingers again
- 9. Sea eagle
- 10. Close to
- 11. Showed film again
- 12. Bundle of money
- 13. Baton
- 14. Haggard
- 15. Indian dish
- 16. Reposed

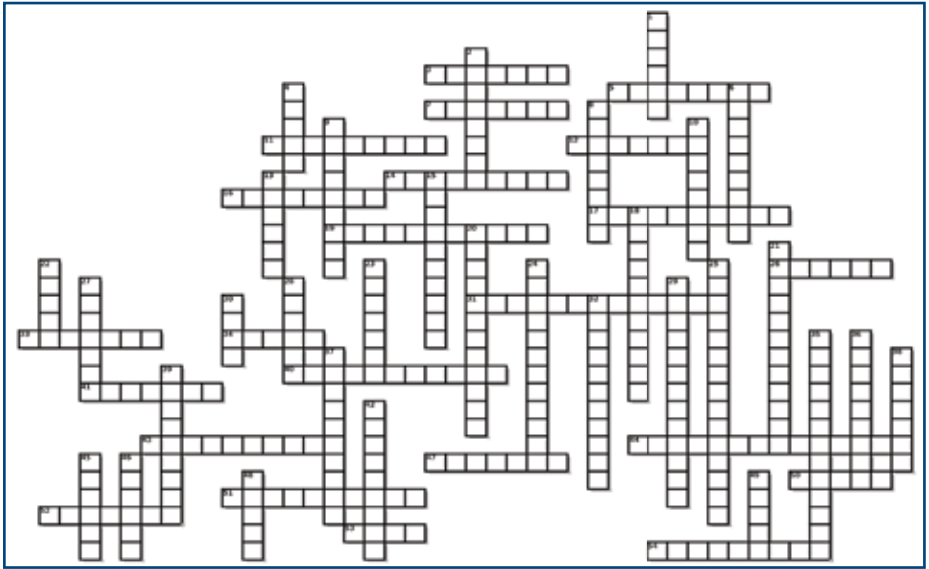
- 17. Homer's epic
- 18. Bottle top
- 19. Lazy
- 20. Slur over
- 21. Topcard
- 22. Smart -\_\_\_, show-off
- 23. Irish county

**Down**

- 2. Sporting dog having drooping ears
- 4. Small hunting dog

1			2	3				4	5				
6				7					8				
9				10					11				
12				13					14				
15				16					17				
18				19					20				
21				22					23				

## Cross Word



### ACROSS

- 3 A set of gears
- 5 Extreme stinginess
- 7 A piece cut off from the main part of something
- 11 A person who brings an action in a court of law
- 12 A second-rate prize fighter
- 14 Care and treatment of a convalescent patient
- 16 A ceremonial prayer invoking divine protection
- 17 The trait of being indelicate and offensive
- 19 A shape that curves or bends inward
- 26 A disposition free from stress or emotion
- 31 Persistent determination
- 33 A town in southeast New Mexico
- 34 A midday meal
- 40 Leaf miners
- 41 Small brownish European songbird
- 43 Italian blue cheese
- 44 A distinguishing quality
- 47 A special cooking pan for roasting
- 50 A large hardwood drinking bowl
- 51 The central bank of Germany
- 52 The act of packing or storing away
- 53 A deaf person who is unable to speak
- 54 Any vertical post or rod used as a support

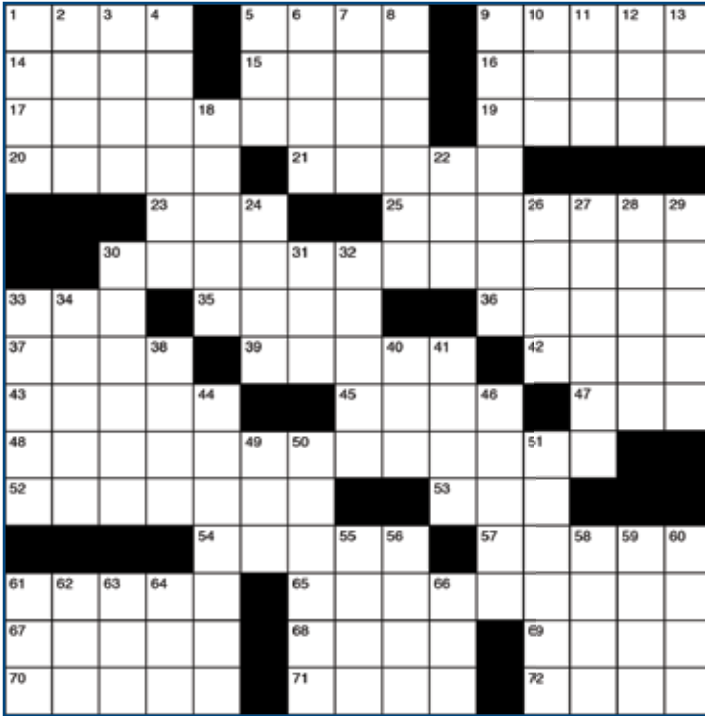
### DOWN

- 1 Used as a bond in masonry or for covering a wall
- 2 A maker of malt

- 4 The act of allowing a fluid to escape
- 6 One who is playfully mischievous
- 8 Strawberries
- 9 Uneasiness about the fitness of an action
- 10 The shore of a lake
- 13 A small cloud
- 15 Something of small importance
- 18 Extreme unpalatable to the mouth
- 20 The trait of being easily persuaded
- 21 True crocodiles
- 22 A Brazilian variety of machete.
- 23 Australian rat kangaroos
- 24 The quality of being clear and transparent
- 25 Defiance of authority
- 27 United States writer (1885-1940)
- 28 Cap that fits over the hub of a wheel
- 29 The trait of being unmanageable
- 30 A large building for meetings or entertainment
- 32 An anatomist who is skilled in osteology
- 35 A dramatic representation
- 36 A metric unit of length equal to ten meters
- 37 A native or inhabitant of Sri Lanka
- 38 A merciless usurer in a play by Shakespeare
- 39 A member of a religious order living in common
- 42 A final peremptory demand
- 45 A disreputable or clumsy man
- 46 A hereditary ruler
- 48 An estimate based on little or no information
- 49 An upholstered seat for more than one person



Crossword



- 3. Earth bank
- 4. 2009 blockbuster
- 5. Acct. earnings
- 6. Stooge's laugh syllable
- 7. Caligula's nephew
- 8. Speaker setup
- 9. \_\_\_ Branagh
- 10. Code-breaking grp.
- 11. Not Rx
- 12. "Do \_\_\_ Diddy Diddy" ('64 song)
- 13. D.C.-based musical grp.
- 18. Stool, perhaps
- 22. The Jungfrau, for one
- 24. Neighbour of Nigeria
- 26. Middle marks
- 27. Photography aid
- 28. Veronica portrayer in "Heathers"
- 29. Calcium \_\_\_ (lime ingredient)
- 30. Sahara's place
- 31. Knock over
- 32. First premier of China
- 33. Civil War general George
- 34. Part of a Sprite rival
- 38. Swedish import
- 40. 24/7 news network
- 41. "Take \_\_\_ face value"
- 44. Washington Redskins, for example
- 46. Short period
- 49. Agent's amount
- 50. Weasel with a white winter coat
- 51. Involve
- 55. Arse
- 56. Deuce taker
- 58. Stammering Roscoe of vaudeville
- 59. Modern mil. hazards (abbr.)
- 60. Greek peak
- 61. Journalists' grp.
- 62. Epcot city (abbr.)
- 63. Kind of story
- 64. Ostrich cousin
- 66. Hindu ending?

ACROSS

- 1. Asian noodles
- 5. Roadside stops
- 9. "If I'd only \_\_\_!"
- 14. Before, shortly
- 15. No, to Nikolai
- 16. Menudo's "Si Tu No \_\_\_"
- 17. Hold spellbound
- 19. Chip with a topping
- 20. French title
- 21. Book for an imam
- 23. Bow-shaped line
- 25. Part of EKG
- 30. Oldest known bird, according to many
- 33. 1999 Nobel Peace Prize winning org.
- 35. Actor Goldie
- 36. Swiss miss
- 37. Auction ends?
- 39. Former capital of India
- 42. Risked a ticket

- 43. Like hawks and doves
- 45. PC keys
- 47. Miner's find
- 48. Like some coffees
- 52. Dysfunctional family member
- 53. Canister
- 54. Entice
- 57. Mystery writer Marsh
- 61. It comes after a "long time"
- 65. Irks
- 67. Pleasant smell
- 68. Highland denials
- 69. Dropouts' diplomas
- 70. Vinyl record
- 71. Dict. datum
- 72. She, in Italy

DOWN

- 1. Design detail
- 2. Yes \_\_\_

## Logic Grid

STUDENT'S GRADES	A+	A	B+	B	C	Math	English	Science	Geography	Home Economics
Ashley										
Ben										
Paul										
Mary										
Rachel										
Math										
English										
Science										
Geography										
Home Economics										

Logic puzzles (also known as “logic grid puzzles”) require the solver to deduce the relationships between different people, places and things based on a limited number of clues given in the puzzle. Remember: every item on the board belongs to one and only one person, no item will ever be shared. Using only the clues provided and simple deductive logic and reasoning, fill in the grid with X’s and O’s to determine the solution.

### STUDENT'S GRADES -

Five different children, one named Ben, took five different subjects, one was Science, and received 5 different grades.

One was awarded a B+.

From the clues given can you determine which student received which grade in which subject?

### CLUES

The student who received the lowest grade (in Home Economics) is not a male.

The highest grade was not given in either Science or Geography.

Mary received either an A+ or an A in math.

Rachel received a higher grade than Ashley, but a lower grade than Paul.

The student who was in the geography class scored lower than the student in the English class, who scored lower than the one in the Math class.

The male student who took the science class received a higher grade than the one in the English class (who was not Ben).

Ben received a grade that was exactly one grade higher than Rachel.

**ACROSTIC:** Solve the crossword clues to gradually fill in letters. Each puzzle spells out the author and/or source of the quote in the first letter of every answer. As the quote begins to emerge, it will provide you with letter clues for the words you've not yet found until you've reveal the solution! >>>

Acrostic

1	Y	2	N	3	W		4	A	5	S	K	6	G	7	V		8	X	9	S	10	G	11	I		12	G	13	A		14	R	15	V	16	N	17	X			
18	W	19	H	20	P	21	D	22	L	23	U		24	B	25	W		26	G	27	C	28	S	29	N	30	R		31	Y	32	S	33	F	34	P	35	Y			
36	W	37	M	38	R	39	D	40	V		41	R	42	O	43	E	44	V		45	D	46	W	47	U	48	Y		49	O	50	T	51	V		52	J				
53	U	54	J	55	O	56	B	57	P		58	E	59	X	60	P	61	O	62	T	63	J	64	I	65	A		66	V	67	C	68	V	69	N	70	W	71	X		
72	Y	73	G	74	H	75	N	76	Y		77	L	78	R	79	U	80	X	81	G	82	H	83	O	84	D	85	I	86	X	87	S	88	F	89	J	90	W			
91	P	92	R	93	Y	94	N	95	M	96	V	97	U	98	Y	99	R	100	Y		101	E	102	P	103	W		104	P	105	L	106	T	107	F	108	G				
109	O	110	I	111	D	112	N	113	D	114	O	115	G	116	T	117	F	118	O		119	X	120	G	121	K	122	S	123	E		124	I	125	K	126	U	127	X		
128	L	129	H	130	E		131	V	132	O	133	L	134	J	135	D	136	D	137	U	138	A	139	B		140	T	141	G		142	X	143	R	144	E					
145	X	146	C	147	A	148	M	149	E	150	Y	151	G	152	A	153	I		154	O	155	E	156	J	157	V	158	E	159	A	160	H	161	M	162	O	163	B	164	P	
165	L	166	H	167	D		168	A	169	P		170	C	171	S	172	D	173	J	174	C		175	F	176	R	177	T		178	A	179	P	180	B	181	O				
182	L		183	V	184	G		185	A		186	T	187	I	188	S	189	G	190	N	191	H	192	N	193	A	194	Y	195	B	196	L	197	G	198	P					
199	O	200	L	201	H	202	P	203	R	204	T	205	B	206	E		207	G	208	M	209	L		210	K	211	D	212	O	213	T	214	K	215	S	216	J	217	O		
218	R	219	V		220	N	221	G	222	P	223	W	224	T	225	V	226	W																							

A 178 138 185 147 159 193 4 152 65 168 13  
Marshall Plan promoter (2)

N 112 94 75 2 16 190 192 69 220 29  
Top clerical authority (2)

B 195 139 56 205 180 24 Hard, pungent cheese

O 83 181 154 42 55 49 \_\_\_ State

C 162 114 27 67 174 170 146 199 Support (2)

P 60 104 164 222 34 102 169 179 20 91 202

D 21 84 167 45 136 217 135 211 172 39 113  
111 118 Lack

57 198 Absence of agreement

Q 132 10 26 120 115 207 61 221 108  
Way up or down

E 144 206 158 58 149 123 101 43 155 130  
Clarifies

R 41 218 38 143 92 78 30 14 99 203 176  
Cash actress

F 33 88 175 117 107 "All the world's a \_\_\_"

S 188 122 87 171 28 215 9 163 32 Punishments

G 6 151 12 73 197 141 109 212 184 189 81  
Instruments of execution

T 106 213 62 177 186 140 116 204 224 50  
They have two dates

H 74 191 129 82 19 166 201 160  
Discarded objects

U 23 47 53 126 79 137 97 Creamy dairy snack

I 153 110 124 187 64 11 85 Premiered

V 66 15 51 44 183 157 131 68 219 96 225 7 40  
High-tech

J 89 156 134 216 52 173 54 63  
Gifted with creativity

W 223 70 25 36 3 90 103 46 18 226  
Ump's call on a pop-up (2)

K 214 125 5 210 121  
Dusseldorf neighbour on the Rhine

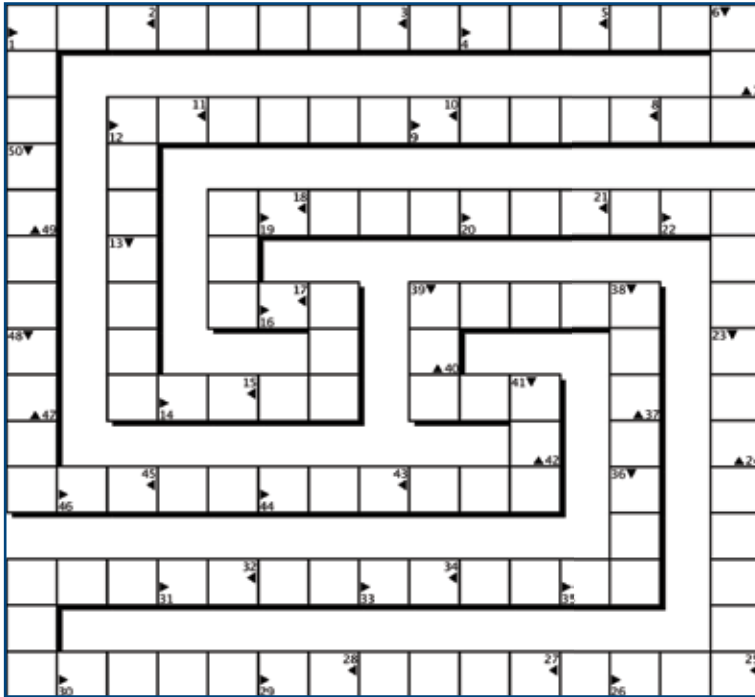
X 145 59 80 71 8 127 119 17 142 86 Chip in

L 209 165 196 105 200 133 22 182 77 128  
Home to The Fighting Okra (2)

Y 48 76 150 93 98 35 31 1 194 72 100  
Act of selling a cartoon for publication in many newspapers

M 148 161 95 37 208 Behemoth

## Slitherlink



### CLUES

- |                                      |  |                                      |
|--------------------------------------|--|--------------------------------------|
| 1. Having recourse                   | 18. Japanese sandal                          | 34. Spanish words of agreement (2,2) |
| 2. Caravansary                       | 19. Tubular pasta in short pieces            | 35. Upbeat                           |
| 3. Nitroglycerine (Colloq)           | 20. Obsolete form of has                     | 36. Republic in SW Asia              |
| 4. Automation                        | 21. South Pacific Island ___ Capital Papeete | 37. Ancient Mexican                  |
| 5. Bjorn ___, Wimbledon champion     | 22. Trumpet sound                            | 38. Many                             |
| 6. Supplements                       | 23. Something unpleasant to look at          | 39. Distant                          |
| 7. Derived from a ketone             | 24. Canine tooth                             | 40. Gem surface                      |
| 8. Earthen pot                       | 25. Ear part                                 | 41. Sicker                           |
| 9. Having thickened or hardened skin | 26. Short jackets                            | 42. Italian currency                 |
| 10. Large molluscs                   | 27. Grain store                              | 43. Frenzied                         |
| 11. As previously given              | 28. Freed of a load                          | 44. Tun                              |
| 12. Dreary                           | 29. Worship                                  | 45. Water                            |
| 13. A particular                     | 30. Applies friction to                      | 46. Muslim judge                     |
| 14. Undergo osmosis                  | 31. Certainly                                | 47. Black                            |
| 15. At an unknown date               | 32. Broadened                                | 48. Sweetheart                       |
| 16. Twig broom                       | 33. Small island                             | 49. Hip bones                        |
| 17. Pen                              |  | 50. Floor covering                   |

### Sudoku Challenge

	5	2	8					
	3							4
			1	2				
5		7			9	4	8	
					8	1	5	
2		4			7		3	9
8					2		9	
1	7		6					5
3			4					

#### Easy

If you're new to Sudoku, or looking for an easy puzzle to solve, give this one a try.



#### Medium

Seasoned solvers and those looking for a little more of a challenge will want to try the puzzle below, which offers a bit more in the difficulty department.



		7		2		8		
3				7	6			
	8		1	3		5		6
		1					5	
		5		8		1	9	2
	9	4			1			
						3		
1	4	3	5		8	2		
5							4	

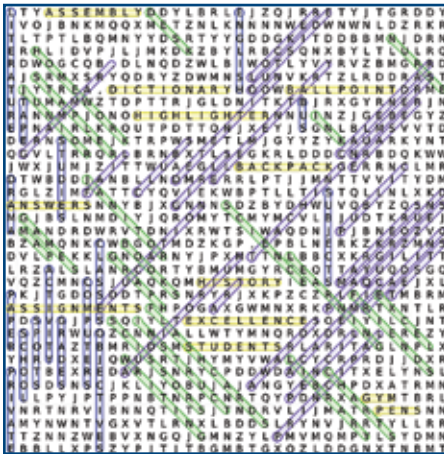
## Trivia Quiz

1. The Philippines
2. Narnia
3. Grover Cleveland
4. Russian
5. Milan
6. The Bee Gees
7. Sloth
8. Theseus
9. Sarajevo
10. They are men-only
11. Mulan
12. William III
13. Djibouti
14. Loki
15. The Rosetta Stone
16. Taiga
17. Sachin Tendulkar
18. Samuel L. Jackson
19. Krakatau
20. Goulash

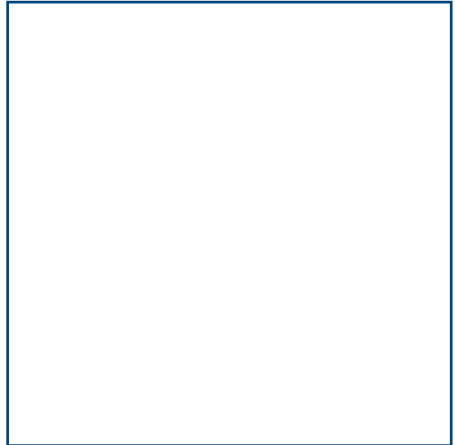
## Cross Word



## Wordsearch



## Crossword



## Wordsquare



## Ladderword



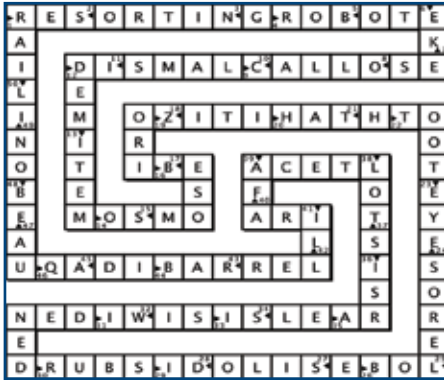
**Acrostic**

“The huge rise in popularity of cults associated with UFOs, ESP, spirit contacts, Scientology, transcendental meditation and other technology-based beliefs testifies to the continued persuasiveness of faith and dogma in a superficially rational and scientific society.” – *Paul Davies, God and the New Physics*

**Logic Grid**

Ashley	C	Home Economics
Ben	A	Science
Paul	B+	English
Mary	A+	Math
Rachel	B	Geography

**Slitherlink**



**Sudoku**

7	5	2	8	3	4	9	1	6
6	3	1	9	7	5	8	2	4
4	9	8	1	2	6	5	7	3
5	1	7	3	6	9	4	8	2
9	6	3	2	4	8	1	5	7
2	8	4	5	1	7	6	3	9
8	4	6	7	5	2	3	9	1
1	7	9	6	8	3	2	4	5
3	2	5	4	9	1	7	6	8

6	1	7	4	2	5	8	3	9
3	5	9	8	7	6	4	2	1
4	8	2	1	3	9	5	7	6
8	3	1	9	6	2	7	5	4
7	6	5	3	8	4	1	9	2
2	9	4	7	5	1	6	8	3
9	2	8	6	4	7	3	1	5
1	4	3	5	9	8	2	6	7
5	7	6	2	1	3	9	4	8



There are no extra pieces in the universe. Everyone is here because he or she has a place to fill, and every piece must fit itself into the big jigsaw puzzle.

*Deepak Chopra*



Whether you are looking for prime office space or superior residential accommodation, Fujairah Trade Centre is the place to be.

The Trade Centre is only two minutes from the airport and ten minutes from the Port of Fujairah. Government offices, hotels and beaches are all close by.

Commanding a fine view over the Arabian Sea, the excellent centrally air-conditioned offices offer some of the best space available in the United Arab Emirates. With the ground floor arcade of more than 35 shops and luxury apartment accommodation in the adjoining twin structure, everything is provided for those seeking to establish themselves in the Emirates.

All this, combined with clean fresh air give an ideal location, yet other major cities can be reached in under 90 minutes on the superb highway linking Fujairah with the other Emirates.

#### **IMPORTANT**

Any individual, Company or Organisation wishing to take offer or retail trading space in the Complex will not require private Sponsorship.

The Fujairah Trade Centre Management will act as the Sponsor for all prospective establishment with the Centre and no fees will be charged to the Tenant for this service.



## **Fujairah Trade Centre**

P.O. Box 761, Fujairah, United Arab Emirates

Tel.: +971 9 2222661, Fax: +971 9 2226212

E-mail: [ftcfuj@emirates.net.ae](mailto:ftcfuj@emirates.net.ae)

Web: [www.fujairahtradecentre.com](http://www.fujairahtradecentre.com)



## Dubai Rugby 7s 2020 floats plans for scaled-down event



### Plans are in place for a “scaled-down” Emirates Airline Dubai 7s 2020 this December.

Last month it was announced that the HSBC World Sevens Series would not be running in Dubai due to the global COVID-19 pandemic and the effect on global team logistics.

But now, the tournament, which has been running for the past 50 years, is now proposing a regional version to run on December 4th and 5th, 2020.

The tournament must gain approval from government stakeholders and governing bodies, and full confirmation of the event will be announced by October 15th. It aims to feature rugby, netball and cricket, with team entries for 2020 opening on Monday August 10th.

Team entries for all three sports will be at discounted rate due to the World Series not taking place and will close on September 30th. Full refunds will be issued if the event is not able to go ahead.

We are disappointed that the HSBC World Sevens Series is unable to take place in Dubai in 2020 but this is also an opportunity to deliver

something unique for players and local fans at the end of what has been a very tough year,” said tournament director Tom Burwell.

“Pitch Two will become the main field and will have a unique feel to it. Tournament goers will still enjoy marquee experiences including the hops tavern, fantastic family fun and brilliant local sport. Our intention is to build an experience that truly encapsulates 51 years of the Dubai 7s.

“We are going to celebrate all levels of participation. Crowds will be wowed by the skills of the teams from across the region set to backdrop that will still inspire memories from years past and set a tone for the future as we look forward to 2021. There will be health and safety measures in place, and the setup will be amended from previous years to adapt to that.”

“We are faced with some huge challenges in delivery but the team behind the tournament have been working tirelessly to come up with ways to deliver in 2020,” added Burwell. “This might mean some extra patience is required from visitors and a personal responsibility taken but this will be no different to the ‘new normal’ that we face in everyday life. We are excited to deliver a brilliantly unique Emirates Airline Dubai 7s in December despite these challenges.”

Port of Fujairah



# ميناء الفجيرة PORT OF FUJAIRAH

## THE MULTI - PURPOSE PORT

ONE OF THE WORLD'S LEADING ANCHORAGE, BUNKERING AND OIL STORAGE LOCATIONS



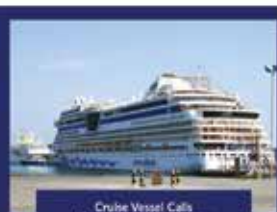
**Port of Fujairah**

Strategically situated on the East Coast of the UAE  
outside the Straits of Hormuz



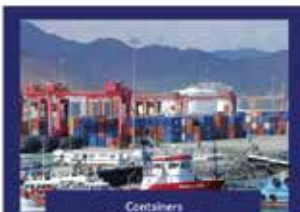
**VLCC Berth 1**

Port of Fujairah's largest Cruise Cruise Center (VLCC)  
Berth - one of the largest of its global fleet



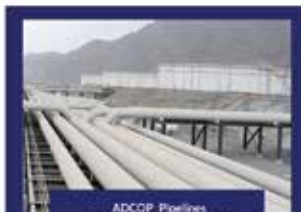
**Cruise Vessel Calls**

A recognized destination for Gulf Cruises



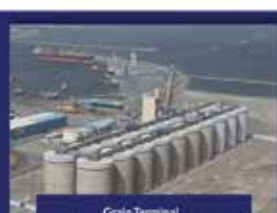
**Containers**

A full range of container facilities



**ADCOP Pipelines**

Direct through Fujairah from Hibernia Field



**Grain Terminal**

A storage and packing dry Bulk activity



**Tank Storage**

A major and growing Oil Storage Location



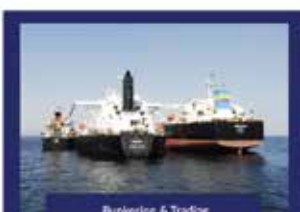
**Fujairah Anchorage**

One of the World's Largest Anchorages & Bunkering Bases



**Dry Bulk Cargo**

A major exporter of Aggregates throughout the Gulf



**Bunkering & Trading**

Top 10 World Wide Bunker Supply Ports



**Fujairah Oil Tanker Terminals "FOTTS"**

Top 10 World Wide Bunker Supply Ports

## UAE Pro League announce fixtures kick-off dates and times



**The UAE Pro League has announced fixture dates and kick-off times for the 2020-21 Arabian Gulf League, Arabian Gulf Cup and Arabian Gulf League U21. The announcement follows a coordination meeting with the TV broadcast rights holders; Abu Dhabi Sports, Dubai Sports and Sharjah Sports channels, held last week over teleconference.**

The meeting discussed the proposed dates and kick-off times for fixtures in light of the new season draw conducted on 18th July and was chaired by Hassan Taleb Al Marri, UAEPL board member and head of technical committee and attended by Waleed Al Hosani, UAEPL CEO in addition to staff from the relevant departments and broadcasters representatives.

The 2020-21 season gets underway with the first leg of the Arabian Gulf Cup play-offs taking place on September 3rd and 4th, while the return leg is scheduled for October 1st and 2nd.

The opening round of matches starts with three fixtures on day one; Ittihad Kalba host Al Jazira at 19:00 and Shabab Al Ahli welcome Al Dhafra at the same time. September 3rd fixtures conclude with Fujairah playing Ajman at 21:30.

The Arabian Gulf Cup action continues on September 4th with two 19:00 kick-offs; Hatta vs Bani Yas and Al Ain vs Khorfakkan, while the round concludes at 21:00 with Al Wahda hosting Al Wasl. Based on the newly introduced cup format, league champions Sharjah and cup title holders Al Nasr received a bye to the quarterfinals.

Meanwhile, the Arabian Gulf League kicks-off on September 9th, with matchday one played over three days. On the 9th, Ittihad Kalba get the competition underway at home against Shabab Al Ahli at 18:45, while Hatta travel to Abu Dhabi to face Al Wahda at 21:30 on the same evening.

Matchday One continues on Thursday, September 10th with Fujairah hosting Sharjah at 18:45 and Al Ain playing Khorfakkan at 21:30.

The action concludes on the 11th with three games; Ajman host Al Dhafra at 18:45 and Al Wasl welcome Bani Yas at the same time while the Matchday One fixtures conclude with Al Nasr facing Al Jazira at 21:30.

The first half of the Arabian Gulf League is scheduled for completion with Matchday 13 taking place on January 1st and 2nd, 2021.



دوري الخليج العربي  
ARABIAN GULF LEAGUE




Time

## BARCLAY'S PREMIERSHIP 2020/2021 FIXTURE LIST

Club Name	The Gunners	The Villans	The Seagulls	The Clarets	The Blues	The Eagles	The Toffees	The Cottagers	The Whites	The Foxes
Arsenal	-	Feb 26 23:45	May 4 18:00	Dec 22 19:00	Jan 29 23:45	Jan19 19:00	Apr 20 18:00	Sep 23 19:00	Jan 1 19:00	Dec 8 19:00
Aston Villa	Nov 25 17:30	-	Dec 22 19:00	Apr 6 18:00	Aug 11 18:00	Jan 29 23:45	Oct 1 23:00	Aug 25 18:00	Apr 20 18:00	Dec 4 23:45
Brighton & Hove Albion	Dec 26 19:00	Apr 13 18:00	-	Feb 9 19:00	Mar 16 19:00	Dec 15 19:00	Dec 4 23:45	Dec 29 19:00	Sep 1 18:00	Mar 2 19:00
Burnley	May 12 18:00	Sep 22 18:00	Dec 8 19:00	-	Apr 13 18:00	Oct 28 16:30	Mar 2 19:00	Dec 26 19:00	Jan 12 19:00	Oct 6 18:00
Chelsea	Sep 2 16:30	Feb 2 19:00	Nov 10 16:30	Sep 30 19:00	-	Mar 30 19:00	May 4 18:00	Feb 26 23:45	Oct 20 18:00	Jan 12 19:00
Crystal Palace	Aug 18 20:30	Sep 1 18:00	Feb 23 19:00	Apr 20 18:00	Sep 15 18:00	-	Nov 4 20:00	Nov 11 18:15	Dec 1 19:00	Feb 2 19:00
Everton	Oct 28 16:30	May 12 18:00	Mar 9 19:00	Dec 1 19:00	Dec 26 19:00	Dec 29 19:00	-	Apr 27 18:00	Feb 2 19:00	Mar 30 19:00
Fulham	Apr 6 18:00	Jan 12 19:00	Nov 3 19:00	May 4 18:00	Nov 24 19:00	Mar 16 19:00	Oct 21 19:00	-	Sep 29 18:00	Sep 1 18:00
Leeds	Oct 7 15:00	Oct 27 18:00	Jan 29 23:45	Aug 25 18:00	Apr 27 18:00	Mar 2 19:00	Aug 11 18:00	Apr 13 18:00	-	Dec 29 19:00
Leicester	Feb 9 19:00	Mar 9 19:00	Dec 1 19:00	Jan 1 19:00	Aug 25 18:00	Aug 11 18:00	Sep 15 18:00	Jan 29 23:45	Nov 5 24:00	-
Liverpool	Apr 27 18:00	Mar 30 19:00	Feb 26 23:45	Nov 10 19:00	Dec 29 19:00	May 12 18:00	Feb 23 19:00	Oct 6 18:00	Mar 9 19:00	Sep 22 18:00
Manchester City	Dec 29 19:00	Feb 9 19:00	Aug 25 20:30	Mar 9 19:00	Oct 27 18:00	Apr 13 18:00	Jan 19 19:00	Dec 1 19:00	Nov 11 16:00	Apr 27 18:00
Manchester United	Feb 2 19:00	Dec 1 19:00	Sep 29 18:00	Oct 20 18:00	Apr 6 18:00	Feb 9 19:00	Dec 22 19:00	Dec 15 19:00	Sep 15 18:00	Aug 19 16:30
Newcastle United	Dec 4 24:00	Dec 29 19:00	Jan 19 19:00	Jan 29 24:00	May 12 18:00	Apr 27 18:00	Nov 24 19:00	Oct 27 15:30	Dec 8 19:00	Dec 26 19:00
Sheffield United	Sep 15 18:00	Nov 10 19:00	Oct 20 18:00	Feb 27 23:45	Jan 19 19:00	Aug 26 19:00	Apr 6 18:00	Mar 9 19:00	Dec 22 19:00	Feb 23 19:00
Southampton	Dec 15 19:00	Apr 27 18:00	Sep 17 23:00	Aug 12 16:30	Feb 9 19:00	Oct 7 17:15	Jan 30 23:45	Jan 19 19:00	Feb 27 23:45	May 12 18:00
Tottenham Hotspurs	Mar 2 19:00	Dec 26 19:00	Apr 6 18:00	Dec 15 19:00	Oct 6 18:00	Nov 24 21:30	Mar 16 19:00	May 12 18:00	Aug 18 18:00	Apr 13 18:00
West Bromwich	Apr 13 18:00	Oct 6 18:00	Aug 11 18:00	Jan 19 19:00	Dec 15 19:00	Dec 26 19:00	Aug 26 16:30	Feb 9 19:00	Apr 6 18:00	Oct 27 18:00
West Ham United	Jan 12 19:00	Aug 18 18:00	Jan 1 19:00	Nov 3 19:00	Dec 4 23:45	Sep 23 16:30	Dec 8 19:00	Mar 30 19:00	Feb 23 19:00	Mar 16 19:00
Wolverhampton	Mar 16 19:00	Dec 15 19:00	Apr 20 18:00	Sep 16 16:30	Mar 2 19:00	Dec 4 23:45	Jan 1 19:00	Aug 11 20:30	May 4 18:00	Nov 25 20:00

Information correct at time of going to press, all times are in Gulf Standard

The Reds	The Citizens	The Red Devils	The Magpies	The Blades	The Saints	The Spurs	The Baggies	The Hammers	The Wolves
Oct 22 23:00	Nov 3 21:30	Aug 12 19:00	Mar 9 19:00	Mar 30 19:00	Feb 23 19:00	Dec 1 19:00	Sep 29 18:00	Aug 25 18:00	Nov 11 20:30
Sep 15 18:00	Dec 8 19:00	19:00	Nov 3 16:30	Mar 16 19:00	Oct 20 18:00	May 4 18:00	Jan 1 19:00	Jan 19 19:00	Feb 23 19:00
Nov 24 19:00	Jan 12 19:00	May 12 18:00	Aug 19 19:00	Apr 27 18:00	Mar 30 19:00	Sep 22 20:30	Feb 2 19:00	Oct 5 23:00	Oct 27 18:00
Mar 16 19:00	Dec 4 23:45	Apr 27 18:00	Sep 1 18:00	Nov 26 24:00	Feb 2 19:00	Feb 23 19:00	Aug 19 16:30	Dec 29 19:00	Mar 30 19:00
Nov 3 19:00	Apr 20 18:00	Sep 22 18:00	Dec 22 19:00	Aug 18 15:30	Dec 8 19:00	Jan 1 19:00	Feb 23 19:00	Mar 9 19:00	Dec 1 19:00
Dec 22 19:00	Sep 29 20:30	Dec 8 19:00	Oct 20 15:30	Jan 12 19:00	Jan 1 19:00	Feb 27 23:45	May 4 18:00	Apr 6 18:00	Mar 9 19:00
Dec 15 19:00	Aug 20 23:00	Apr 13 18:00	Feb 26 24:00	Sep 22	Sep 1 18:00	Nov 10 21:30	Jan 12 19:00	Feb 9 18:00	Oct 6 18:00
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Dec 4 23:45	Mar 16 19:00	Mar 30 19:00	Feb 9 19:00	May 12 18:00	Nov 24 18:00	Jan 19 19:00	Sep 22 15:30	Dec 15 19:00	Dec 26 19:00
Apr 6 18:00	Oct 20 20:30	Jan 19 19:00	May 4 18:00	Dec 15 19:00	Dec 22 19:00	Sep 29 18:00	Apr 20 18:00	Nov 10 19:00	Feb 26 23:45
-	Sep 1 15:30	Dec 26 19:00	Feb 2 19:00	Apr 13 18:00	Jan 12 19:00	Dec 8 19:00	Dec 1 19:00	Oct 27 20:30	Aug 18 18:00
Jan 30 24:00	-	Oct 7 19:30	Dec 15 19:00	Dec 26 19:00	Sep 22 18:00	Mar 30 19:00	Feb 27 24:00	Aug 12 16:30	May 12 18:00
May 4 18:00	Jan 1 19:00	-	Nov 11 20:30	Sep 1 20:30	Nov 3 19:00	Apr 20 18:00	Mar 9 19:00	Feb 27 24:00	Jan 12 18:00
Aug 10 23:00	Feb 23 19:00	Mar 16 19:00	-	Oct 6 20:30	Mar 2 19:00	Aug 27 23:00	Mar 30 19:00	Apr 13 18:00	Sep 22 18:00
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Aug 25 18:00	Apr 6 18:00	Dec 29 19:00	Dec 1 19:00	Oct 27 18:00	-	Mar 9 19:00	Nov 10 19:00	Dec 26 19:00	Apr 13 18:00
Feb 9 19:00	Sep 15 15:30	Oct 28 19:00	Jan 12 19:00	Feb 2 19:00	Dec 5 24:00	-	Jan 30 24:00	Apr 27 18:00	Dec 29 19:00
Mar 2 19:00	Nov 24 19:00	Dec 4 23:45	Sep 15 20:30	Dec 29 19:00	Mar 16 19:00	Sep 2 19:00	-	May 12 18:00	Apr 27 18:00
Apr 20 18:00	Feb 2 19:00	Nov 24 19:00	Sep 29 15:30	Mar 2 19:00	Mar 4 18:00	Oct 20 18:00	Dec 22 19:00	-	Sep 1 18:00
Jan 19 19:00	Dec 22 19:00	Aug 25 15:30	Apr 6 18:00	Feb 9 19:00	Sep 29 18:00	Nov 4 17:30	Oct 20 18:00	Jan 29 23:45	-

 Opening matches




# صناعات اسمنت الفجيرة

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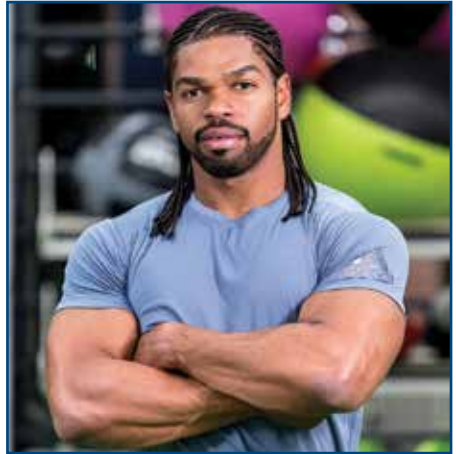
## Two Emiratis claim Guinness World Records titles in July

**Areej Al Hammadi claimed the title for Most football 'hotstepper' ball control tricks in one minute**

**Walid Yari raised the bar on Most side jump push-ups in 1 minute**

Guinness World Records (GWR), the global authority on record breaking achievements, can today announce that the player of the UAE National Football Team, Areej Al Hammadi breaks the Guinness World Records title for Most football 'hotstepper' ball control tricks in one minute completing 86 repetitions in total, breaking the previous record stood at 56 in the UK. Moreover, Walid Yari is another Emirati who smashed the record title of Most side jump push-ups in 1 minute competing 33 flying pushups in a single minute, a big jump on the previous record stood at 26 in India.

The two Emiratis achievements were announced at the launch of Guinness World Records Day 2020 (GWR Day) – themed Discover Your World – which is encouraging people to take on a new challenge now lockdown measures are easing, or simply turn a new found skill or talent into a world-record attempt.



Known as 'The Beast of the Middle East', Walid is a 34-year old fitness professional and social media content creator. He is taking the region by storm with a growing fan base of more than 650k+ followers on Instagram. From the different types of workouts, he posts on social media, describe him as 'The Beast' because, according to him, there was no one else in the Middle East doing his style of freestyle and aggressive workouts.

Areej has paved her way to the top of women football in the MENA region. She is a Creative Services professional by day, and a footballer by night. She lived most of her life chasing opportunities in football, forming football teams both in school and during higher studies in the American University in Dubai, and attending many of the women's football championships within the MENA region. She finally made it to the UAE National Football Team.

The announcement of these two records marks the launch of this year's Guinness World Records Day; the annual celebration of record breaking that takes place in November each year. This year GWR Day will celebrate the Discover Your World theme of the latest Guinness World Records book. Whether people want to push themselves to the limit or have simply discovered a new passion or talent during lockdown, people are encouraged to see if they can turn it into a record.



# مزرعة الفجيرة



## Fujairah Farm



هاتف: ٢٤٤٥٢٦٠ (٠٩) فاكس: ٢٤٤٥٠٨١ (٠٩) ص.ب: ١١٦٣٦، دبا، الفجيرة-إ.ع.م.

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## Liverpool FC finally win the Premier League after 30 years!



**Liverpool's 30-year English title drought ended this season as they were confirmed as Premier League champions. They also currently hold the World Club Championship title and the Super Cup.**

Liverpool were last champions of England when they won the old First Division title in 1989-90 after which Manchester United and Arsenal, then Chelsea and Manchester City seize power.

There have been a lot of agonisingly close moments. In 2014, they missed out by the skin of the teeth after a defeat against Chelsea (Gerrard slip, Demba Ba goal). In 2019, they lost to Manchester City by a solitary point as the title race dragged on to the very last day of the season.

German manager Jurgen Klopp, now an iconic figure at the club, reached Anfield in 2015 after the sacking of Brendan Rodgers. Since his arrival, Liverpool have been consistent title contenders, three-time European finalists, and winners of the 2019 Champions League.

Despite the COVID-19 pandemic forcing a three-month suspension of the season and delaying

Liverpool's coronation, they have won the title with a record seven games to spare. They eclipsed the record jointly held by Manchester United (2000-01) and Manchester City (2017-18), who sealed their respective titles with five games left.

Had it not been for the unprecedented stoppage Liverpool were on course to smash the record for the earliest league title. Instead they are now the first team to lift the coveted trophy as late as June.

Liverpool ended last season with nine consecutive league wins and, after claiming the Champions League, began the new campaign in relentless fashion to leave all of their rivals trailing in their wake.

With 28 wins and just one defeat in 31 games, Liverpool had set a record-breaking pace and were 25 points clear in February – the biggest lead in Premier League history. When they beat West Ham United that month it was their 18th successive top-flight win, matching Manchester City's record, before their hopes of an unbeaten season were dashed by a 3-0 defeat at Watford, a result that was merely a blip.

And as Jürgen Norbert Klopp says "We will not stop."

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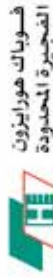
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## A place to share your poetry...

### A Demolished Fate

*(Based on Beirut blast)*

Sorrow titles make their way  
Misery strikes them day by day  
Blood soaks all way through

Their faces once showed life  
Now lightens a strife  
Wept in drops  
It never stops, since

A blast so high  
A story ended  
Made long back  
Fire burns throughout the day

Captured happiness  
Homes and the City  
Left all people  
Seem so pity

Where a place to rest their foot  
As ashes burn their homes, so true  
Plain as fate, is Beirut

People likely buried alive  
Death scampered in, unknown  
Heart beats for life unharmed  
All ripped through wound  
Passed through frowns

Life leaves them  
Stressed at cause  
Sadness slid them apart  
A demolished city, a demolished fate

**Fathima Shezza**

Fujairah



### Times During Corona

Nowadays there are lockdowns in many countries.  
Due to lockdowns we are forced to sit at home.  
No friends are allowed to come home.  
And no social gatherings.  
Addiction towards TV and video games increased.  
Playing video games for a long time might damage  
your eyes.  
Nowadays playing with friends through online are  
available.  
And online camps are available too.  
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home.

**Calvin Ralph**



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Contact no: 0553705003, 092237773. Location: Hamad Bin Abdulla Road

*Fujairah Real Estate Agency*  
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Hamed Bin Abdulla Road  
Fujairah  
09 222 5558  
tajalli@emirates.net.ae

*Fujairah National Properties*  
Unit 03,Level M,  
Al Yasmeen Building,  
Hamad bin Abdulla Rd Fujairah  
Phone: 09 2244544

*Kings Real Estate*  
Office #104, M Floor,  
Bin Ghanim Building,  
Hamad bin Abdullah Rd  
Merashid Area - Fujairah  
Phone: 09 223 7773

**SERVICES**

*Animal Friends Veterinary Clinic* located near Century Mall, Fujairah, unnamed road.  
Mobile: 055 142 1938  
Saturday-Thursday 10-10pm  
Friday 5-9pm

*Pets'n us Veterinary Clinic*  
Mobile: 0502110037  
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email: [econnectfuj@gmail.com](mailto:econnectfuj@gmail.com)  
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Location: New Sakamkam, contact no.: 050 5681480

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German Products with German  
Treatments  
Fujairah Trade Centre,  
Ground floor, Fujairah  
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Mob 050-1729980

Al Dana Beauty Salon  
Fujairah  
09-2231643

Ayush Ayurveda Massage Centre  
M-09, Bushera Centre,  
Opp Fish Market  
Gurfa, Fujairah  
09 2248113  
Mob 056-1395629

Beta Ladies Saloon  
10th floor, Coral Suites Hotel  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2244788

Butterfliez  
Ground floor, Fujairah Tower  
09-2244464

City Tower Hotel Wellness Spa  
& Salon  
Hamad Bin Abdullah Rd,  
Fujairah  
092236888

Concorde Salon  
Latest styles and treatments  
Concorde Hotel  
09-2249000

Dar Lama Fashion/Beauty Salon  
2nd floor Burj Al Wadi,  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2226502

Farfalla  
Near Preventive Medicine Dept  
09-2227462

Glamorous Beauty Spa  
304 FEWA Building, Fujairah  
092224545  
0567078646 or 0528584940

Ilham Beauty Centre  
Near Emarat Centre  
09-2222338

Kerala Ayurvedic Massage Centre  
10th floor, Coral Suites Hotel  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2244788

Ladies Salon 2002  
16 Buildings Complex  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2229888

Marimar Ladies Salon  
Fujairah  
09-2223001

Mega Ladies Salon  
1st Floor Al Manama Hypermk  
Car Showroom Road  
09-2220345

Murjanah Ladies Saloon  
Near Century Mall Fujairah  
09 2237476

New Manila Ladies Salon  
Opp Fujairah School Basic  
Education for Girls C2  
Near Own English High School  
09-2220012  
054-5160587

Princess Beauty Salon  
Opp. Choitram Supermarket  
09-2226211

Queens Ladies Salon  
Beside Safer Market  
09-2226266

Riviera Beauty Centre  
Near Fujairah Medical Centre  
Faseel Rd, Fujairah  
09-2229066

Sarah Beauty Salon  
Al Basra Road  
Near White Village, Fujairah  
09-2233231

Shatha Beauty & Spa  
Novotel Hotel Fujairah  
Mezzanine Floor  
Hamad Bin Abdulla Road  
Fujairah  
09-2034966  
050-7906083

Synergy Healing Centre  
Opp Century Mall  
Fujairah  
09-2222778

The Beauty Salon  
1st floor, Radisson Blu Resort  
Fujairah  
Dibba – Fujairah  
09 2449700

Willow Stream Spa  
Health & Wellness Spa  
B1 Level, Fairmont Fujairah  
Beach Resort  
Mina Al Fajer, Dibba – Fujairah  
09-2041035

## HOTELS

Adagio Fujairah Aparthotel  
Studios and apartments  
Hamad Bin Abdullah Road  
09-223 9888

Al Diyar Residence  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2244660

Blue Diamond Alsalam Resort  
Luxury Hotel & Apartments  
Al Ghurfa, Corniche Road  
Fujairah  
09 2027000

California Suites Hotel  
Fujairah  
09-2222138

City Plaza Hotel  
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Fujairah  
09-2222202

City Tower Hotel  
Four star deluxe premium hotel  
Hamad Bin Abdulla Rd Fujai-  
rah  
09 2236888

Clifton International Hotel  
4 Stars Deluxe Hotel Apts  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2222021

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Fujairah  
09-2249000

Emirates Springs Hotel Apart-  
ments  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2232922

Fairmont Fujairah Beach Resort  
Luxury Art-Inspired Resort,  
Mina Al Fajer, Dibba, Fujairah  
09-2041111

Fortune Residence Hotel  
Apartments  
Al Fahim Street,Opp Ladies  
Park - Fujairah  
09-2244991

Fortune Royal Hotel  
Al Gurfa Road  
Fujairah  
09-2238886

Fujairah Beach Motel  
Faseel Rd (Coast Rd)  
09-2228111

Fujairah Rotana Resort & Spa  
Five star beach resort  
Al Aqah, Fujairah  
09-2449888

Holiday Beach Motel  
Al Faqet, Fujairah  
09-2445540

Ibis Fujairah Hotel  
International budget hotel  
Hamad Bin Abdullah Road  
09-223 9997

InterContinental Fujairah Resort  
Hotel  
Al Aqah  
Dibba Road - Fujairah  
09-2099999

Le Meridien Al Aqah  
Five star beach resort  
Al Aqah, Fujairah  
09-2449000

Miramar Al Aqah Beach Resort  
Five star beach resort Al Aqah,  
Fujairah  
09-2449994

Nour Arjaan Hotel apartments  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2025555

Novotel Fujairah  
Four star hotel  
Hamad Bin Abdullah Road  
09-223 9999

Oasis Residential Suites  
Fujairah  
09-2232823

Oceanic Hotel  
Khorfakkan Corniche, Sharjah  
09-2385111

Radisson Blu Resort, Fujairah  
Five star beach resort  
Dibba - Fujairah  
09 2449700

Raynor Hotel Apartments  
Murbah  
09-2361116

Royal Beach Hotel & Resort  
Al Faqet, Fujairah  
09-2449994

Royal M Hotel Fujairah  
Hamad Bin Abdullah Rd,  
Haleefat Area, West Fujairah  
09-2012000

Sama Deba Hotel Apartments  
Dibba  
09-2440221

Sandy Beach Hotel  
Al Aqah, Fujairah  
09-2445555

Sea Side Furnished Flats  
Dibba  
09-2447553

Siji Hotel Apartments  
Luxury hotel apartments  
Al Nakheel Rd, Fujairah  
09-2232222

Uptown Hotel Apartment  
Kuwait Road  
Sikamkam, Fujairah  
09 2223580 / 2012000

## PHARMACIES

Bin Moosa Pharmacy  
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09-2227575

Family Pharmacy  
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09-2222444

Fujairah Drug Store  
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Al Hayl Area, Fujairah  
09-2226669

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09-2229295

Fujairah Tower Pharmacy  
9am -1pm and 5pm -10pm  
G/F Fujairah Trade Centre  
09-2223979

Healthfirst Pharmacy  
Open 24 hours  
Fujairah  
09 222-9295

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9am -1pm - 5pm -10pm  
Fuj Medical, Al Faseel Fujairah  
09-2231442

Ibn Sina Pharmacy  
9am -1pm & 5pm -11pm  
Beside Plaza Cinema  
or Arab Bank, Fujairah  
09-2220044

Lulu Pharmacy  
9am -12 midnight  
Lulu Hypermarket  
09-2233112

Mozoon Pharmacy  
Timing : 8.30 am to 1am  
Opp ADCB Sh. Hamdan Road  
Fujairah  
09-2244699

Nat'l Medical Centre Phar-  
macy, Gurfah  
9am -1pm & 5pm -9:30pm  
09-2222850

New Fujairah Pharmacy  
8:30am -1pm & 4:30 -10pm  
Nr Madina Supermarket,  
Al Gurfah  
09-2224820

Reem Pharmacy Opp. HSBC  
9am -1pm & 5pm -10pm  
Hamad Bin Abdulla Rd  
09-2241124

Siji Pharmacy  
9am -1:30pm & 5-10:30pm  
Opp. Al Rostami Exchange  
Sh Zayed Rd, Fujairah  
09-2231540

Thumbay Pharmacy  
Open 24 hours  
Fujairah  
09-2244233 Extn 212

## RESTAURANTS

Abu Khalid Restaurant  
Indian/ Arabic  
Park Road, Fujairah  
09-2224592  
050-5409708

Al Afrah Cook  
Indian/ Arabic  
Fujairah  
09-2224238

Al Amwaj Restaurant Take-  
aways/Delivery Indian  
Qidfa, Fujairah  
09-2380191

Al Aseel Restaurant & Cafeteria  
Indian Delicacies  
Near Safeer Rbt, Fujairah  
09-2227244

Al Baghdadi Rest. & Cafeteria  
Sandwich/Arabic/Indian  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2229105

Al Bake Restaurant & Cafeteria  
Takeaways/ Delivery Service  
Al Ghorfa Road, Fujairah  
09 -22373779  
050-4343279 or 055-  
7530035

Al Diwan Restaurant  
International cuisine  
Al Diar Siji Hotel, Fujairah  
09-2232000

Al Khaleej Coffee Shop  
Park Road, Fujairah  
09-2224353

Almahbash Alshaabi Restaurant  
Fahim Street, Fujairah  
09-2225445

Al Mabrook Restaurant  
Filipino Food  
Fahim Street, Fujairah  
09-2231372/2243686

Al Majalis Restaurant  
Shisha/Arabic/Moroccan  
City Tower Hotel  
Hamad Bin Abdullah Rd  
09-2236888

Al Majilis  
International Buffet/ A la Carte  
Miramar Hotel, Al Aqah, Fujairah  
09-2449994

Al Malaki Coffee Shop  
Wireless Playstation  
Fahim Road, Fujairah  
09-2249009

Al Melaka Al Kabira restaurant  
Filipino Food  
Al Matar Road (Airport Road)  
Fujairah  
09-2221617  
050-9065694

Al Meshwar Restaurant  
Lebanese cuisine  
16 Buildings Complex  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2231113



Al Nafoora Restaurant  
Continental/Oriental/ Italian  
Coral Suites Hotel  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2244788

Al Nafoora Spring Restaurant  
King Faisal Road  
Al Faseel, Fujairah  
09-2224842/41

Al Narjan  
Cafeteria/Restaurant  
Al Fahim Street, Fujairah  
09-2223301

Al Nokhada Restaurant  
Arabic Seafood cuisine  
2nd floor, Radisson Blu Resort  
Dibba – Fujairah  
09-2449700

Al Rais Cafeteria  
Park Road, Fujairah  
09-2233188/2227400  
050-3525799

Al Rihla Restaurant  
All day dinning Millennium Hotel  
Haleefat Area, West Fujairah  
09-2012000

Al Roof Restaurant Int'l  
Emirate Springs Hotel  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2232922

Al Sawaqi Cafeteria  
Nadah Road, Fujairah  
09-2241881

Al Shamaa Cafeteria & Rest  
Al Fahim Street, Fujairah  
055-4580851

Al Shami Cafeteria & Rest  
Fujairah  
09-2243404

Al Tarboush Restaurant  
Arabic Takeaways/ Delivery  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2243399

Al Qasar Al Afghani Bukhari  
Rice  
Opposite Ladies Park, Al  
Muntazah Street, Fahim Street,  
Fujairah  
09-2222410

Al Wahda Rest & Cafeteria  
Indian Cuisine  
Near Safer Shopping Mall  
Off Fahim Street  
09-2231786

Al Zaman Restaurant  
Sandwich/ Coffee/ Juice  
Park Road, Fujairah  
09-2242297

Anaar Restaurant  
Indian/Pakistani/Fast Food  
Pizza/Seafood/Vegetarian  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2239741

Aquarius Pool Café  
Nour Arjaan by Rotana  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2025555

Arous Al Bahar  
Lebanese/Takeaways  
Dallah Roundabout, Fujairah  
09-2227866 or 09-2224580

Arteasan  
Tea Room  
Lobby Level, Fairmont Fujairah  
Beach Resort, Mina Al Fajer,  
Dibba, Fujairah  
09-2041111

Babylon Cafeteria  
Sandwich/ Breads/ Arabic  
Fujairah Trade Centre  
Hamad Bin Abdullah Rd  
Fujairah  
09-2222969

Baniyas Cafeteria  
Merashid Road,  
Fujairah  
09-2225562  
055-9110507

Belle View  
All day dinning - Concorde  
Hotel Fujairah  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2249000

Bin Hafeer Cafeteria  
Sharwamas/sandwiches/juices  
Fujairah  
09-2236133  
050-5905100

Bon Appetit  
Continental/Indian/Italian/Arabic  
Mohammed Bin Mattar Road  
Fujairah  
09-2230066

Burger Lab  
Takeaway/Delivery  
Fujairah Trade Centre  
Fujairah  
09-2222700

Breeze Restaurant  
All day dining buffet  
1st floor, Radisson Blu Resort  
Dibba – Fujairah  
09-2449700

Caesars Restaurants & Confect  
Rostamani Building,  
Hamad Bin Abdullah Rd  
Nr Nissan Showroom, Fujairah  
09-2249900

Café Pronto  
European Bistro  
B3 Level, Fairmont Fujairah  
Beach Resort, Mina Al Fajer,  
Dibba, Fujairah  
09-2041111

Canvas  
International, All-Day-Dining  
B1 Level, Fairmont Fujairah  
Beach Resort  
Mina Al Fajer, Dibba, Fujairah  
09-2041111

Chowking  
Chinese -Takeaways/ Delivery  
Fujairah City Centre  
09-2235737

## RESTAURANTS

Copper Lobster  
Seafood & Gastro Bar  
Fairmont Fujairah Beach Resort,  
Mina Al Fajer, Dibba,  
09-2041111

Cream & Honey Cafe,  
Desserts  
Fujairah Trade Centre  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2235500

Curry House  
Takeaways/ Delivery Service/  
Indian Delicacies  
Opp road to HSBC, Fujairah  
09-2244228

Dibba Rock Restaurant  
Continental  
Royal Beach Hotel & Resort  
Al Faqeet, Fujairah  
09-2449444

Dolci Paris  
International Cuisine  
Nr Lulu Hypermarket, Fujairah  
09-2237008

Dosa Hut Restaurant  
Indian/Free Home delivery  
Al Manama Hyper Market,  
Fujairah  
052-4377155

Drift Beach Bar & Grill  
InterContinental Hotel  
Al Aqah, Fujairah  
09 2099999  
0561610874

Eva Cafeteria  
Park Road, Fujairah  
09-2226390

Emirates Sea Restaurant  
Multi-cuisine  
Corniche Road, Fujairah  
09 222 2785

Family Restaurant  
Chinese, Arabic, Indian  
Mina Road, Fujairah  
050-6290292

Faseel Restaurant  
Siji Hotel Apartments  
Al Nakheel Street, Fujairah  
09-2232222

Fatafeat Cafeteria  
Off Jamiya Road, Fujairah  
09-2238382

Felfela Cafeteria  
Park Road, Fujairah  
09-2239559  
Mob 055-2877622

Fortune Restaurant  
Indian/ Chinese  
Fortune Residence Apartment  
Hotel, Fujairah  
09-2244991

Fresh Express Restaurant &  
Catering  
Merashid/Rughalt Road  
Fujairah  
09-2237440  
055-9940500

Fujairah Star Restaurant  
Indian/Arabic  
Fujairah  
09-2225337

Garden Valley Restaurant  
Merashid/Rughalt Road  
Fujairah  
09-2221526

Golden Fork Restaurant  
Takeaways/ Delivery Service  
Khorfakkan Corniche  
09-2387085/2387092

Gonu Bar & Grill  
Fish/ Seafood/ Meat grill  
Beach front  
Le Meridien Al Aqah, Fujairah  
09-2449000

Grand Bleu Restaurant  
Beachside, Ground floor,  
Radisson Blu Resort,  
Dibba - Fujairah  
09-2449700

Green Belt Restaurant  
Indian and Pakistani  
Cinema Road, Khorfakkan  
09-2383759  
052-2260941

Green Valley Restaurant  
Indian/Chinese  
Takeaways/ Delivery  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2224929

Hadramout Mandi  
Yemenite Restaurant  
Gurfa Road, Fujairah  
09-2222988

Hanin Restaurant  
Filipino  
Fujairah  
09-2249394

Hardees Fast Food  
Hamad Bin Abdullah Rd,  
Fujairah  
600 569000

Hatam  
Iranian Restaurant/Takeaway  
Fujairah City Centre Mall  
055-9567204  
09-2440540

Heatwave  
Pub/DJ  
Radisson Blu Resort Fujairah  
Dibba – Fujairah  
09-2449700

Horizon  
Lobby lounge & bar  
InterContinental Hotel  
Al Aqah, Fujairah  
09 2099999

IAMMAI  
Pool bar light bites - shisha  
B1 Level, Fairmont Fujairah  
Beach Resort, Mina Al Fajer,  
Dibba, Fujairah  
09-2041111

Iqbal Restaurant  
Takeaways/ Delivery Service  
Arabic/ Indian  
Salam Street  
09-2224969

Iran Restaurant & Bakery  
Takeaways/ Delivery Service  
Sheikh Zayed Rd,  
Fujairah 09-2223370

Irish Sports Corner  
Bar, Club, Finger Food  
Clifton Hotel,  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2244788  
0559548335

Jabal Safad Cafeteria & Rest  
Takeaways/ Delivery Service,  
Arabic Food  
Ghorfa Fish Market  
09-2242088/2242055  
055-8289019

Jiddah Palace Restaurant  
Takeaways/ Delivery Service  
Opp road to HSBC,  
Fujairah 09-2233526

Joe's Sports Bar  
Royal M Hotel Fujairah  
Haleefat Area,  
West Fujairah 09-2012000

Karachi Darbar Restaurant  
Takeaways/ Delivery Service  
Opp. Cinema Plaza  
050-6498883

Kentucky Fried Chicken (KFC)  
Takeaways/Delivery Service/  
Hamad Bin Abdullah Rd,  
Fujairah  
600522252

Kairali Indian Restaurant  
City Tower Hotel  
Hamad Bin Abdullah Rd  
09-2236888

Lari Adda Restaurant.  
Pakistani & Indian Cuisine  
Next to HSBC Bank,  
Khalifa Khamees Matar Bldg,  
Hamad Bin Abdullah Road,  
Fujairah 09-2364411

Lava Dining  
Casual Dining, Bar  
Fairmont Fujairah Beach Club,  
Mina Al Fajer, Dibba,  
Fujairah  
09-2041111

Lava Lounge  
American, Mexican, Japanese  
Building 3, 16 Buildings  
Hamad Bin Abdullah Rd  
Fujairah  
09-2364463

Layali Al Sham Restaurant  
Off Hamad Bin Abdullah Rd,  
Fujairah  
09-2237575  
050-1901700

Little White Restaurant  
Takeaways/ Delivery Service  
Emirates Trade Centre  
Sh Zayed Rd,  
Fujairah  
050-3936132

Lulu Restaurant & Cafeteria  
Fahim Street, Fujairah  
09-2221969/49

Mabuhay Restaurant  
Filipino Food  
Sh Zayed Rd,  
Fujairah  
09-2231372/ 2243686

Maharath Al Bahar Cafeteria  
Hamad bin Abdullah Rd  
Fujairah  
09-2226963  
050-7108083

Malabar Palace Restaurant  
Takeaways/ Delivery Service  
Fujairah  
050-2706897

Malik Indian Restaurant  
South & North Indian/Chinese  
Sheikh Zayed Bin Sultan Street,  
Fujairah  
09 2222783  
050 8852678

Mammone  
Italian food  
Iberotel Miramar Beach resort  
Al Aqah,  
Fujairah  
09-2449994

Manila Beats  
Filipino Club & Restaurant  
City Tower Hotel  
Hamad Bin Abdullah Rd  
09-2236888

Mashriq Mukalla Mandi  
Restaurant  
Indian / Arabic, South Indian  
Food  
Airport Road  
Fujairah  
09 2227074/2227075  
056 6262729

Maxims Multicuisine Restaurant  
A la carte / International Buffet  
City Tower Hotel  
Hamad Bin Abdullah Rd  
09-2236888

McDonalds  
Takeaways / Eat in / Fast Food  
EPPCO Petrol Station  
Al Faseel Road (Beach Rd)  
Fujairah  
09-2281863

McGettigans Irish Bar  
Tennis & Country Club,  
Back side of Colleges  
Nr Fujairah City Centre  
09-2244880

Mistral Restaurant  
Middle Eastern & Mediterranean  
Fujairah Mall  
Millennium Hotel  
Fujairah 09-2012000

Mozaique Restaurant  
International Buffet  
Fujairah Rotana Resort & Spa  
Al Aqah, Fujairah  
09-2449888

## RESTAURANTS

Modern Restaurant  
Arabic, Indian and Chinese  
Dhadna, Fujairah  
09 2445733/2445227  
058-9007071

Murjan Café & Restaurant  
Nour Arjaan by Rotana  
International cuisine  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2025555

Nalukettu  
Indian/ Chinese  
City Plaza Hotel.  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2223070

Nama Global Dining  
InterContinental Hotel  
Al Aqah, Fujairah  
09 2099999

New Damascus Restaurant  
Takeaways / Delivery Service,  
Arabic food  
Gurfah Rd, Fujairah  
09-2222281

Namaste  
Nepalese Cuisine (Delivery)  
Off Hamad Bin Abdullah Rd,  
Fujairah  
09-2225227

Dosas House  
Takeaways/ Delivery Service  
Seafood/Fish/Chicken  
Back Dubai Islamic Bank  
Off Hamad Bin Abdullah Rd,  
Fujairah  
09-2232997  
050-7464164

O'Learys Sports Restaurant  
American Style  
Fujairah Mall  
Sheikh Khalifa Bin Zayed Road  
Fujairah  
09-2235356

Opera Cafe  
International cuisine  
Fujairah Trade Centre  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2222739

Oriental Restaurant  
Malaysian/Asian food  
Close to old Etisalat,  
Fujairah  
09-2221877

Pablo Cafe  
Fujairah Trade Center  
Fujairah  
09-2244900

Panero Lobby Café  
Royal M Hotel  
Hamad Bin Abdullah Rd,  
Fujairah, Haleefat Area,  
09-2012000

Panino  
Lebanese  
Fahim Street, Fujairah  
09-2237772

Papa Johns  
Pizzas/Takeaway  
ENOC Gas Station, Fujairah  
Mob 050 9805046

Photo Cafe & Restaurant  
Al Hilal City  
Fujairah  
09-2225591

Pizza Express  
Pizza and Italian food  
Fujairah City Centre  
09-2236467

Pizza Hut  
Pizza/Italian food  
16 Buildings Complex  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2243434

Pizza Inn  
Takeaways/ Delivery Service  
Fujairah Trade Centre  
09-2222557

Port Saeed Restaurant  
Takeaways/ Delivery Service  
Fujairah  
09-2241311

RC Pub  
Pub Grub/Chinese/Continental  
City Tower Hotel  
Hamad Bin Abdullah Rd  
09-2236888

Regal Restaurant  
Takeaways/ Delivery Service  
Sheikh Zayed Road, Fujairah  
09-2222756

Royal Rest. & Cafeteria  
Sandwich/Arabic  
Rugalat, Kalba Rd  
09-2226688

Ruqaq Alkhaleej Restaurant  
Meraschid/Rughalt Road  
Fujairah  
09-2232773  
055-5916388

Sadaf Restaurant  
Persian - Takeaways/ Delivery  
Beside Hilton, Corniche  
09-2233400

Safari Restaurant  
Continental  
Fujairah Beach Motel  
On Rdbt, Faseel Rd, Fujairah  
09-2228111

Sagar Restaurant  
Takeaways/ Delivery Service  
Park Rd, Fujairah  
09-2231411

Sajidha Cafeteria & Restaurant  
Indian and Chinese  
Quidfa, Fujairah  
09-2380046  
050-3900801

Salu Salo  
Takeaways/Delivery -Filipino  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2233400

Samakino Seafood  
Concorde Hotel  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2249000

Sana Chicken Restaurant  
Fried chicken/sandwiches  
Meraschid/Rughalt Road  
Fujairah  
09-2233519/2233517

Sapore  
Italian food  
Le Meridien Al Aqah, Fujairah  
09-2449000

Sausiri Restaurant  
Sri Lankan  
Behind Al Rostamani Exchange  
Off Jamiya Road,  
09-2224060  
050-5192492

Sensasia  
Asian Fusion  
Miramar Hotel Al Aqah, Fujairah  
09-2449994

Shahzad Palace  
Iranian/Delivery Service  
Hamad Bin Abdullah Rd,  
Fujairah 09-2233877

Silver Spoon Rest & Cafeteria  
Ghorfa, Fujairah  
09-233484  
050-3241421

Special Tikka Restaurant  
Meraschid Road, Rughalt,  
Fujairah  
09-2220206

Shakespeare and Co  
Café Restaurant  
1st Floor, Century Mall Fujairah  
09-2234891

Swaad  
Indian food  
Le Meridien Al Aqah  
Al Aqah, Fujairah  
09-2449000

Subway  
Fresh Subs & Salads/Delivery  
EPPCO Petrol Station, Mina Rd  
055-6858250  
Fujairah City Centre  
09-2236657

Taste  
Thai/ Asian Fusion  
Le Meridien Al Aqah  
Al Aqah, Fujairah  
09-2449000

The Bookstore  
Ground Floor Novotel Hotel  
Hamad Bin Abdullah Rd,  
Fujairah 09-2034941

The Orangery  
Ground Floor  
Fujairah Tower  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2222787

Thai Express  
EPPCO Gas Station  
Al Faseel Road, Fujairah  
09-2238129

Thalassery Restaurant  
Off Hamad Bin Abdullah Rd,  
Fujairah  
09-225223/2229224

Thamburu  
Indian/Continental  
California Suites Hotel,  
Back of Union Nat'l Bank  
Fujairah  
09-222138

Tharavad Indian Restaurant  
Fortune Hotel Apartment,  
Fahim Street, Fujairah  
09-2244934/991

The Sailors Restaurant & Cafe  
Fujairah Int'l Marine Club,  
Fujairah Corniche  
09-2221600

The Salad Bar  
Fujairah Trade Centre  
Hamad Bin Abdullah Rd,  
Fujairah  
09-2244244

The Salad Bar  
Sakamkam  
Fujairah General Trading Bldg  
09-2244244

The Terrace Restaurant  
Tiffin & Bites,  
Thumbay Hospital  
Sheikh Khalifa Bin Zayed Road,  
Fujairah  
09-2053855

United Cafeteria Restaurant  
Takeaways/ Delivery Service  
Old Etisalat, Fujairah  
09-2225977

View Pool Bar  
Royal M Hotel  
Hamad Bin Abdullah Rd,  
Fujairah, Haleefat Area,  
09-2012000

Views  
International Buffet  
Le Meridien Al Aqah, Fujairah  
09-2449000

Waves Restaurant  
Fish/ Seafood/ Meat grill  
Fujairah Rotana Resort & Spa  
Al Aqah, Fujairah  
09-2449888

Zamarod Al Afghani Rice  
Bukhari Restaurant  
Off Hamad Bin Abdullah Rd,  
09-2233260  
050-6889367 / 055-3488511

ZO Restaurant  
Fine Dining  
Al Nakheel Rd - Fujairah  
09-2222979

## EMERGENCY SERVICES

Ambulance	998/999
Fire Station	997
Police Station	999
Directory Enq	181

## OTHER SERVICES

Fujairah Hospital	09 2242999
Al Sharq Hospital	09 2249999
Thumbay Hospital	09 2244233
Airport Enquiries	09 2226222
Post Office	09 2222235
Cinema	09 2243100

**CLIMATE:** The sun shines year round but Oct. to March, the days are pleasant (26°C, nights 15°C) Summer is April to Sept. and temperatures peak around 50°C with high humidity. The sun can be fierce so heatstroke, heat exhaustion are always a risk. Sunglasses, hats, and high factor sun creams are essential, especially for children.

**DRESS:** As in many Arab/Muslim countries dress should be modest. Wearing revealing tops or shorts in public places is not advisable.

**CURRENCY:** The dirham (pronounced dir-ham) is the UAE official currency. Dirham notes are in 5, 10, 20, 50, 100, 200, 500, and 1000 denominations. The dirham is divided into 100 fils. Coins are 1 dirham, 50, 25, 10 and 5 fils.

**Credit cards:** Major credit cards are widely accepted by car rental companies, the bigger stores, hotels and some restaurants, however you should carry some cash for general shopping and eating out at smaller establishments.

**Exchange:** There are no currency regulations and foreign currency of almost any denomination is readily exchanged in the UAE The dirham is index linked to the US dollar. 1\$ = Dhs 3.68. The exchange centres are found throughout the UAE such as the UAE Exchange Centre, opening hours are from 8:30am right through to 9:30pm, 365 days a year. Banks: Most Banks open at 8:00 am and close at 1:00 except Mashreq Bank who open until 4:15pm. They are closed all day Friday and public holidays.

**SHOPPING/TIPPING:** Bargaining is expected, especially in souqs, where prices can drop dramatically. Tipping is common for most services but it is not obligatory.

## PUBLIC HOLIDAYS

Religious holidays are tied to the Islamic calendar and therefore dates vary. Friday is the Muslim holy day. Islamic Public Holidays are often not announced until a day or two before they occur:

(During the Holy Month restaurants and shops close during the day, and office hours during Ramadan are often reduced by two hours daily. The end of Ramadan is marked by Eid Al Fitr.)

### 2020

1 January	New Year's Day
24 April	Beginning of Ramadan
23/24 May	Eid al-Fitr
30 July	Arafat Day
31 July	Eid al-Adha
19/20 August	Islamic New Year
<u>9/10 Nov 2019</u>	<u>Prophet's Birthday</u>
28/29 October	Prophet's Birthday
30 November	Commemoration Day
2/3 December	National Day*

\* (UAE National Day is celebrated with streets and buildings lit up and decorated across the Emirates and there are many special events and programmes over several days.)

### Fixed Holidays

Death of a minister or member of the royal family is usually marked by 3 days official mourning.

## WARDENS

Britons	Virginia Valentine 050 4843470 – Warden
Egyptians	Dr. R Housan 050 4909701
Sweden	Gyptian Club 09-2223724
Philippines	Capt. Ingemar Porathe 050 6457673
Sri Lankans	Mrs. Maria Theresa Bautista 050-5106170
Indians	Mr. Tony De Costa 050 4551546
	Mr. Rohan Ajith 050 6496133
	Mr. Ajantha Ratnayaka 050 6707776
	Mr. Mayawan Sivaselvam 050-4708816
	Dr. P. Abdulrahman 09 2243000
	Mr. Hashim 050 4842942 / 09 2221155
	Mr. Manaf 050-4891782
	Email: <a href="mailto:isfuj@emirates.net.ae">isfuj@emirates.net.ae</a>

Map & Motoring Distances between main cities in the UAE



Fujairah to Abu Dhabi corniche  
 256 kilometres via Sheikh Khalifa Bin Zayed Rd, Maleha Road aka Sharjah /Kalba Road, E611 and Yas Island, approx 2 hour 28 minutes.

Fujairah to Ajman  
 117 kilometres via Sheikh Khalifa Bin Zayed Rd, through Maleha village, Madam roundabout and E55, approx 1 hour 58 minutes

Fujairah to Al Ain  
 228 kilometres via Sheikh Khalifa Bin Zayed Rd, through Maleha village, Madam roundabout and E55, approx 1 hour 58 minutes

Fujairah to Dibba and Musandam  
 68 kilometres via Khorfakkan/Al Aqah coast road, E99, approx 1 hour 13 minutes

Fujairah to Dubai (Burj Khalifa/Dubai Mall)  
 124 kilometres via Sheikh Khalifa Bin Zayed Rd, Maleha Road aka Sharjah /Kalba Road, turn direction westwards E611, approx 1 hour 19 minutes

Fujairah to Hatta  
 65 Kilometres through Kalba, through Kalba Tunnel and onto E102, approx 1 hour 11 minutes

Fujairah to Oman border (Kalba)  
 18 Kilometres through Kalba on E99 till Oman border crossing approx 22 minutes. On entering Oman it is a straight road to Muscat - 3 hours 16 minutes.

Fujairah to Ras Al Khaimah  
 111 kilometres via Masafi, turn onto E88 then left onto E18, approx 1 hour 40 minutes

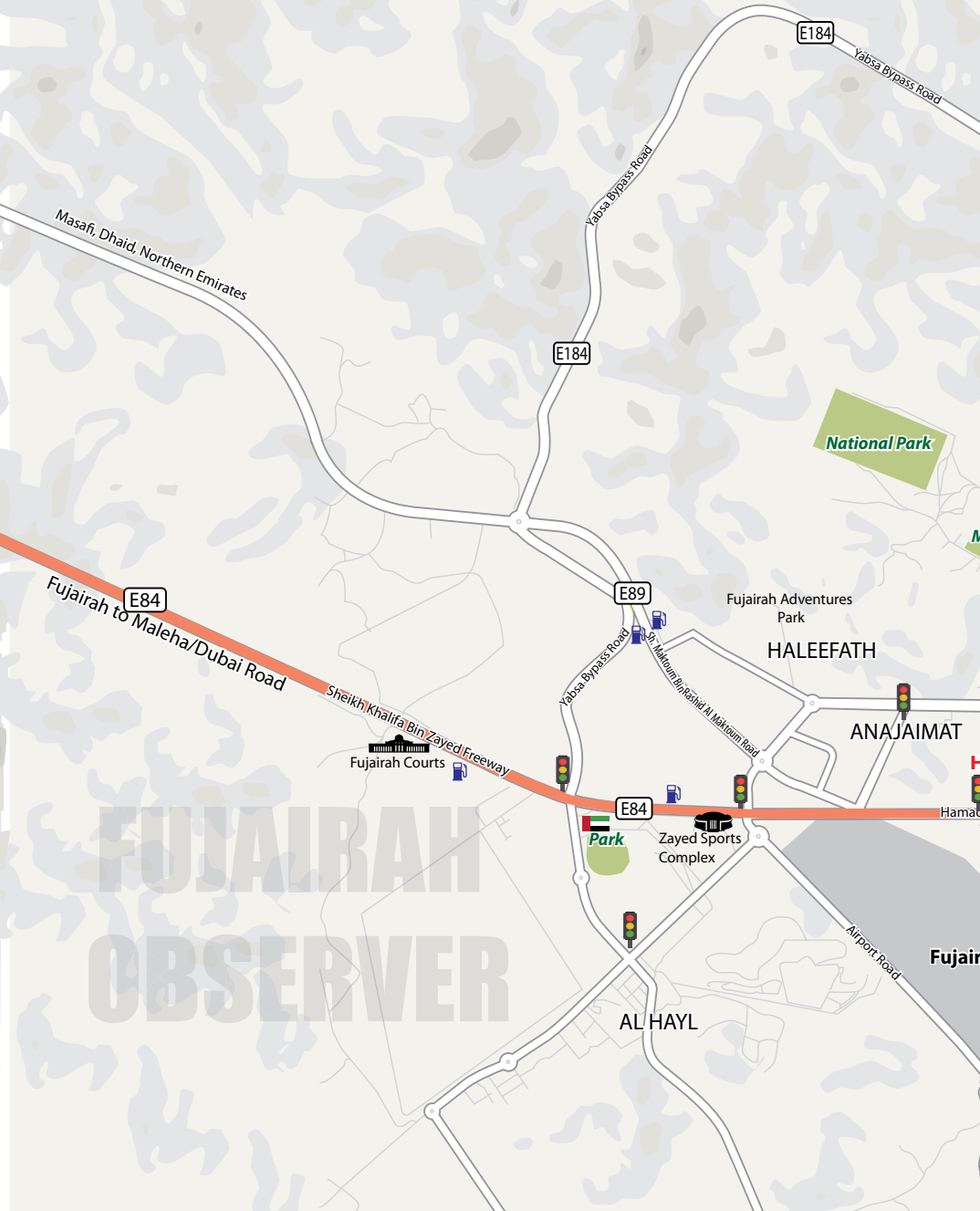
Fujairah to Sharjah (King Faisal St)  
 115 kilometres via Sheikh Khalifa Bin Zayed Rd, Maleha Road aka Sharjah /Kalba Road approx. 1 hour 23 minutes.

Fujairah to Umm Al Quwain  
 114 kilometres via Masafi, turn onto E88 then left onto E55 approx. 1 hour 35 minutes.

**Speed limits are strict! Built-up areas 60– 80 kph and 100/110/120 kph for cars on major roads.**

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# FUJAIRAH



E184

Yabisa Bypass Road

E184

National Park

Masafi, Dhaid, Northern Emirates

E84

Fujairah to Maleha/Dubai Road

E89

Fujairah Adventures Park

HALEEFATH

Sheikh Khalifa Bin Zayed Freeway

Fujairah Courts

Yabisa Bypass Road

Sheikh Mahdi Bin Hashir Al Maktoum Road

ANAJAIMAT

E84

Park

Zayed Sports Complex

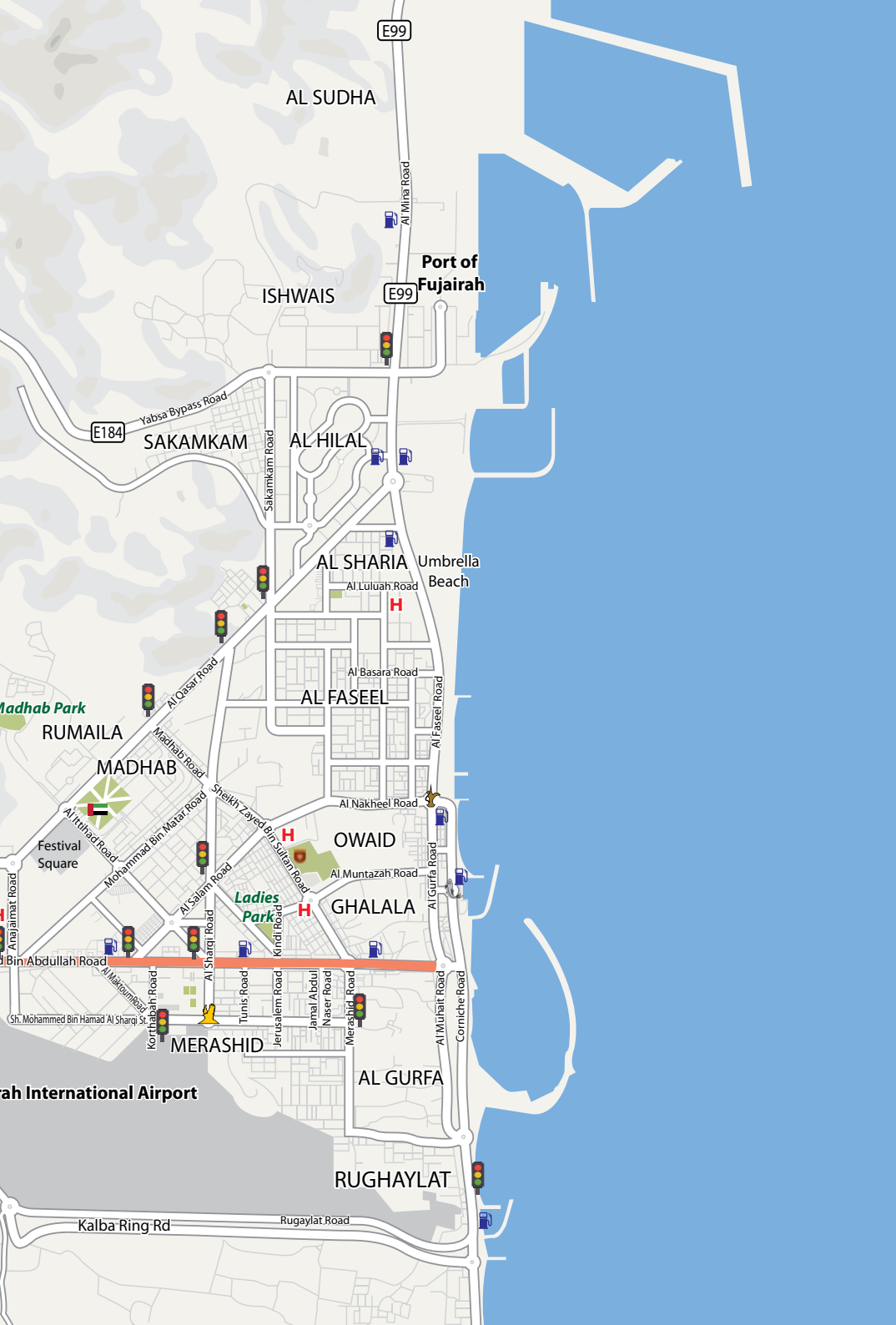
Airport Road

AL HAYL

Fujairah

FUJAIRAH  
OBSERVER





E99

AL SUDHA

Al Mina Road

Port of Fujairah

E99

ISHWAIS

E184

Yabasa Bypass Road

SAKAMKAM

Sakamkam Road

AL HILAL

AL SHARIA

Umbrella Beach

Al Luluah Road

AL FASEEL

Al Basara Road

Madhab Park

RUMAILA

MADHAB

Madhab Road

Al Fajr Road

Festival Square

Mohammed Bin Matar Road

Sheikh Zayed Bin Sultan Road

OWAID

Al Muntazah Road

Ladies Park

GHALALA

Al Nakheel Road

Al Jaimat Road

Bin Abdullah Road

Al Maktum Road

Korhahah Road

MERASHID

Al Sharqi Road

Tunis Road

Jerusalem Road

Jamal Abdul Naser Road

Marashid Road

AL GURFA

RUGHAYLAT

ah International Airport

Al Gurfa Road

Al Muhait Road

Corniche Road

Kalba Ring Rd

Rugaylat Road

## Blue Planet Journal - Brook and Gaurav Bhagat

### Virgo (August 23 - September 22)

This month, you will see some ducks crossing the road. Cross it with them and you will find that you can walk on water. When you start your new religion, remember that you saw it first here. A 10% cut would be great.

### Libra (September 22 - October 22)

Sometimes, the answers you are looking for are hiding inside you, and all you need to do is be quiet enough to hear them. In your case, you can probably just follow those big green signs on the highway.

### Scorpio (October 23 - November 21)

If you really want to be popular, you should start calling pancakes "flapjacks." That's what all the cool kids are doing.

### Sagittarius (November 22 - December 21)

Walking along a beach at dawn, as if by fate, you stumble and fall over what you think is a rock and discover a tarnished silver pitcher half-buried in the sand. A mystical energy overwhelms you as you grasp the vessel and examine its ancient, lavish designs and mysterious inscriptions. When you pour out the sand from the artifact, you are instantly transported to a neon blue control tower from which you can see all of time and space laid out before you like a labyrinth. With the power of thought, you are able to move effortlessly to any point throughout history and alter past and future events. You use your newfound infinite power to make hilarious videos to submit to America's Funniest Home Videos, which you will eventually win, albeit by cheating. Congratulations!

### Capricorn (December 22 - January 20)

This month, disaster is narrowly averted when you heed the wisdom of the warning on a Walmart beach ball that reads, "Use only under competent supervision." They may be adorable and offer great rates, as babysitters go (who can beat watermelon rinds and tuna fish?), but I think deep down you already knew that gang of racoons wasn't really "competent" to watch the baby.

### Aquarius (January 21 - February 18)

This month, you will learn the hard way that

scented candles, rose petals, polyester lingerie and a product-heavy "bed-head" hairdo are a recipe for combustion as well as romance. Luckily, your quick-thinking lover will minimize the damage by blasting you with a nearby fire extinguisher, and your new "pixie cut" is going to look great!

### Pisces (February 19 - March 20)

Soon, in deep meditation, all your illusions will come crashing down, leading eventually to your complete undoing. The veil of samsara will be lifted; you will get a glimpse of the true nature of reality and will probably start buying your favorite toothpaste in bulk.

### Aries (March 21 - April 19)

As the saying goes, "A penny saved is a penny earned." A penny dropped off the Eiffel tower, however, can kill a man. Remember that.

### Taurus (April 20 - May 20)

This month, most of the life lessons that will help you the most will be found in the movie Moonstruck. For example, "Playing it safe is just about the most dangerous thing a woman like you could do," probably means that you should quit your job at the library and consider a career as a ninja, or perhaps an international spy.

### Gemini (May 21 - June 20)

This month, you will peel potatoes like they've never been peeled before! No, I mean it, all the potatoes you peel will be ones which have never been peeled before. Good times!

### Cancer (June 21 - July 22)

You will be worried, this month, when you discover two itchy lumps on your back. Soon, though, they will grow into a glorious set of small but powerful wings. It will take some time to get all your clothes tailored to accommodate them, but once you get used to flying you will save tons on gas money.

### Leo (July 23 - August 22)

You will find great peace once you stop expecting so much from your cat and try to be a little more eager to please. She will accept you once you have proven yourself worthy.

Instagram: @ MagicFlakesCafe



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